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JANUARY/FEBRUARY 2019, ISSUE 79
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58

Deliciously
**SIMPLE
RECIPES**

Better-for-you bread
Friday night spicy
Divine desserts

SUMMER
**QUIZ
SPECIAL**
DIET • DIABETES
EXERCISE

**HOME
COMFORTS**
Living room
workouts
you'll love!

HOW TO BE A

*smart
cookie*

IN THE KITCHEN

"I'm thriving with Type 1!" Drew's inspiring story

NACHO YOUR USUAL PUB GRUB! P20

ZIN_DL_0119

Pacific magazines



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Food, styling and photography by Cynthia Holliday.

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INDEPENDENT
RETAILERS



Energy Levels Up, Snacking Down!

With the festive season in full swing, if you need help getting back on track, low GI BodyCare Nutrition Revitalise can assist. Delicious tasting Revitalise boosts your energy and well-being. Here's what Bernadette Heap from regional NSW recently said about Revitalise...

“ I started drinking Revitalise a few days ago and have felt the benefits already. My energy levels have definitely increased, which is lovely!

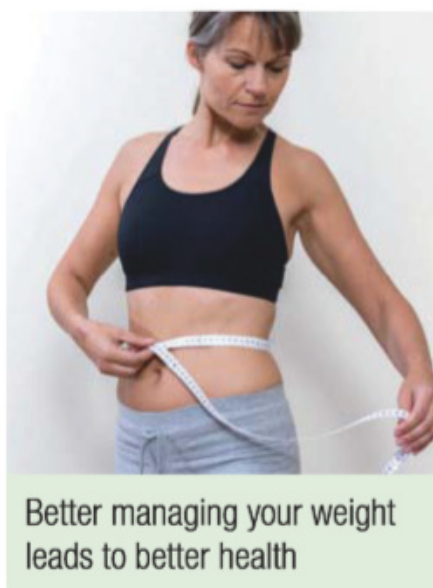
One week later: I am totally blown away by how well I am feeling. I have not had even one craving for chocolate! I feel so balanced, it is wonderful. Thank you! **”**

Boosting your energy Revitalise gives you sustained energy, so you can stay active all day long. It contains vitamins B1, B2 and B3, which contribute to your normal energy metabolism. Plus folate and vitamins B2 and B3 assists in reducing tiredness and fatigue.

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Better managing your weight leads to better health

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Lowers blood pressure and cholesterol Diabetes is a major risk factor for developing cardiovascular disease, high cholesterol

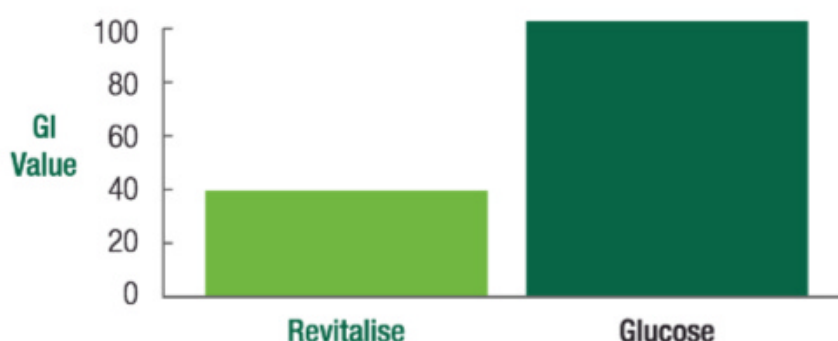
and high blood pressure and may increase the risk of heart attacks and strokes. Revitalise is low in sodium and fat. It reduces blood pressure when part of a low salt diet. It also reduces bad cholesterol when part of low saturated fatty acids diet.

Osteoporosis and bone health generally Calcium and vitamin D enhance bone mineral density and reduce the risk of osteoporosis. Protein assists with the maintenance of normal bones. Vitamin C contributes to collagen formation for the normal structure of your bones.

Heart health Thiamine is necessary for normal cardiac function. And vitamin C is necessary for normal blood vessel function.

Boosting your immune defences Zinc is necessary for normal immune system function. Vitamins A and C contribute to the normal functioning of your immune system.

A strong performer Revitalise has a Low GI score of 38 and a Low Glycemic Load score of 6. The graph below compares the mean GI value of Revitalise to glucose.



Plus Revitalise does even more. Visit bodycarenutrition.com.au for more information.

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Revitalise is not a meal replacement. It is available in delicious vanilla, chocolate and coffee flavours. At only RRP \$32.95, Revitalise lasts 14 days. It's available from the stores below and online from bodycarenutrition.com.au. Insert Coupon Code **iwm118** into the shopping cart for **free delivery**. Offer expires 28/02/19.



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- Ocean Reef Pharmacy, **Ocean Reef**

Fremantle

- Cockburn Super Clinic Pharmacy, **Success**



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welcome



New you for the new year

▶▶ I love fresh starts – there's nothing quite as motivating as a new diary, a clean sheet of paper or the start of a new year. It's a wonderful opportunity to embark on something you might have been thinking about, but haven't quite acted on yet. In 2019 I'm going to focus on being active every day – it doesn't need to be structured exercise, but it does need to be movement. It's far too easy for me to get stuck in my desk chair all day, which is not good for my mental or physical health. No fancy exercise equipment is required – just a pair of comfy shoes and 10 minutes outside a couple of times a day will be enough to get me started.

If you're keen to make (and, more importantly, keep!) a resolution, turn to our story on page 96 and then read up on some healthy strategies you might want to take on board on page 116. If cooking more is on

your radar (yes, you know that homemade is healthier than takeaway!), our feature on page 99 will help you become a real smart cookie in the kitchen.

Then, take those tips and put them to good use with some of our fab recipes this month – we're craving our cover-star nachos (page 25), and they're easy to whip up on a warm summer evening. Speaking of warm, keep it spicy this season with our Friday Night Spicy (page 50) feature – plenty of delicious dishes that will have your tastebuds dancing. Keep the party going with some decadent desserts on page 66.

We'd love to hear what fresh start (or renewed effort) you're making in 2019.

Happy new year!

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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NEXT
ISSUE ON
SALE
7 FEB

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PACIFIC MAGAZINES PTY LIMITED

Media City, 8 Central Avenue, Eveleigh, NSW 2015;
GPO Box 7805, Sydney, NSW 2001, (02) 9394 2000

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Reproduction Printed by Webstar Print (ABN 58 000 205 210) at Unit 1, 83 Derby Street, Silverwater, NSW 2128. Distributed in Australia by Gordon and Gotch Australia Pty Ltd (ACN 088 251 727). Distributed in New Zealand by Gordon and Gotch New Zealand (CRN 1540329). Published six times a year by Pacific Magazines Pty Ltd (ABN 16 097 410 896). For competition entries, please use the address supplied. Title and trademark DIABETIC LIVING® reg US Patents Office, Canada and Australia, by Meredith Corporation. Use of trademark is strictly prohibited. Recommended and maximum price \$7.99 (NZ \$9.20) including GST. All content © 2017 Pacific Magazines Pty Ltd, all rights reserved. Reproduction without permission is prohibited. All prices and information are correct as at the time of printing. Prices quoted are recommended retail prices and may vary. All material sent to *Diabetic Living* (whether solicited or not) will not be returned.

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OUR EXPERTS

Dr Kate Marsh

Dietitian & diabetes educator

Kate, who has type 1, is in private practice in Sydney: nnd.com.au

Christine Armarego

Exercise physiologist

At her clinic, Christine focuses on exercise as a way to improve BGLs: theglucoseclub.com.au

Dr Sultan Linjawi

Endocrinologist

A diabetes specialist, Sultan has a clinic in Coffs Harbour, NSW: drsultanlinjawi.com

Dr Janine Clarke

Psychologist

Janine is in private practice at Mend Psychology and The Sydney ACT Centre: mendpsychology.com.au

Rachel Freeman

Diabetes educator

Rachel also works at the Australian Diabetes Educators Association: adea.com.au

Dr Gary Deed

General practitioner

Gary, who has type 1, is devoted to helping people with diabetes. He is in practice in Brisbane.

Danielle Veldhoen

Podiatrist

Danielle works at Flinders Medical Centre, South Australia.

Dr Angus Turner

Ophthalmologist

Angus directs Lions Outback Vision, providing specialist eye-care services to remote areas of WA: outbackvision.com.au

Elissa Renouf

Type 1 parent

Elissa is the owner of Diabete-ezy and a mum of four kids with type 1: diabete-ezy.com

JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes

Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being



diagnosed, because the pancreas produces less insulin over time.

- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

Food myths for PWD*...

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

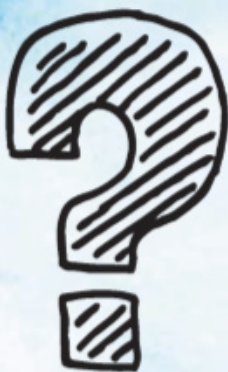
Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

*That's People With Diabetes



Losing just 5% of your body weight can have a positive impact.

WORDS KAREN FITTALL PHOTOGRAPHY GETTY IMAGES



TYPE 1 AND TYPE 2... What's the difference?

- **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.
- **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.



2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.



3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

YOUR healthy life

The latest facts & global news that'll help you take charge of your wellbeing



WOULD YOU RISK LOSING YEARS?

People who are obese during their 20s and 30s could risk losing years off their life expectancy. Research conducted at The George Institute for Global Health and The University of Sydney – published in *International Journal of Obesity* – concluded women who are classified as overweight are predicted to lose up to six years of life and men up to eight years. Women classified as severely obese are expected to lose up to eight years and men up to 10 years.

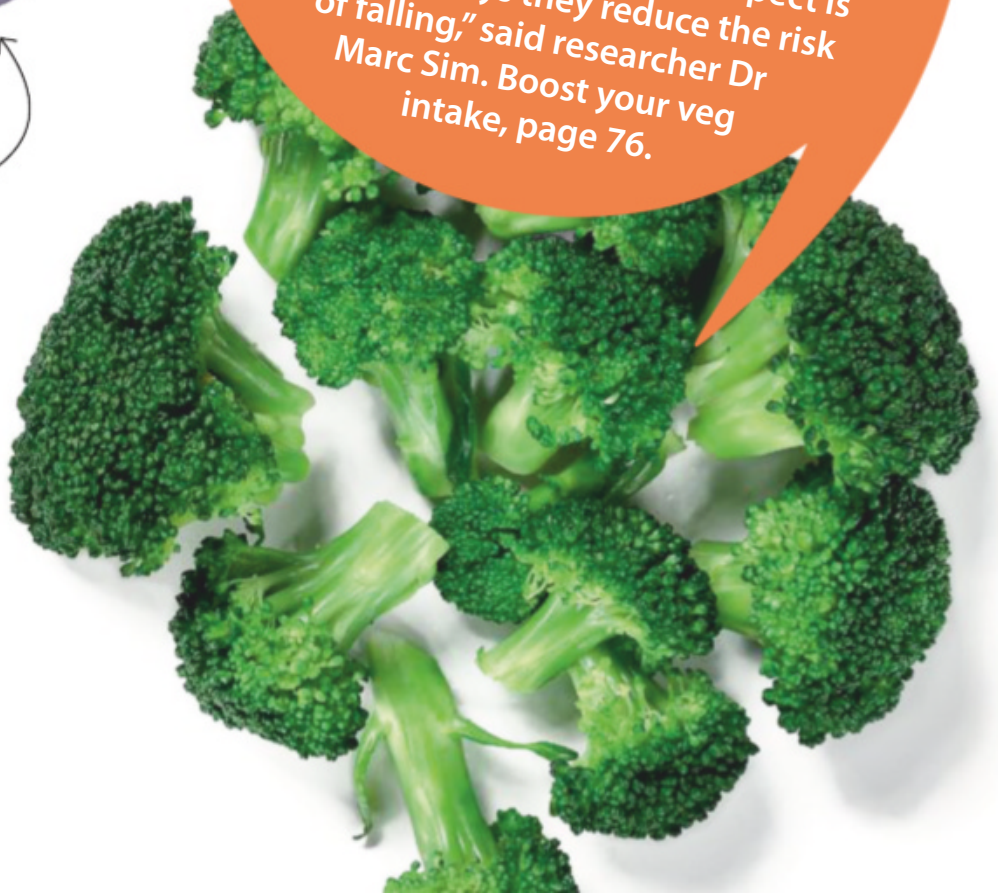


Fitbit Charge 3

Stay on top of your health with the latest fitness tracker, the Fitbit Charge 3. "We're offering consumers a purpose-built sleek, premium device for those who prefer trackers and want advanced health and fitness features," explains James Park, co-founder and CEO of Fitbit. "Along with the smart features, they need to stay connected." Featuring a **swimproof, lightweight design**, Charge 3 continues to track your steps with a gentle reminder when you have been sitting for too long. From \$229.95. For more info, visit fitbit.com/au.

HALF A CUP OF BROCCOLI

New research from WA's Edith Cowan University found at least one serve of cruciferous vegetables (Brussels sprouts, broccoli or cauliflower) a day helps older people avoid hospitalisation after a fall. "We also found higher vegetable consumption was associated with better muscle strength, which we suspect is one of the ways they reduce the risk of falling," said researcher Dr Marc Sim. Boost your veg intake, page 76.





Doctor's orders!

It has long been believed art improves mood by increasing levels of serotonin (the 'happy chemical') and/or distracting patients from chronic pain and illness without any side effects – and Canadian medical professionals have caught on. A collaboration with the Montreal

Museum of Fine Art (MMFA), allows a select group of local physicians to write a prescription granting their patient a free trip to the MMFA. Although this initiative hasn't made its way to Australia, that's no excuse to not visit your local art gallery and try it out for yourself.



GOODBYE SUGARY DRINKS

Australian Catholic University is the first university in the country to remove sugary drinks from its on-site vending machines. The uni follows a 75:25 rule: **75 per cent** of products are 'everyday' (healthier food and drinks following the Australian Dietary Guideline), while only **25 per cent** are 'occasional' less healthy options, such as juices and milks.



Q&A ASK ELISSA

My 20-year-old daughter was diagnosed approximately six months ago with type 1. What are some tips or strategies you would recommend when it comes to talking about diabetes?

Elissa says: Positivity is a must and information is power. Encourage her to attend information sessions, as this helped me enormously in understanding everything diabetes – even years after diagnosis. I found there is only so much information you can absorb at once.

At first, I would go along to an information session and feel a little overwhelmed, but after a week or two of putting this knowledge into practice, I was ready and looking for more tips and education.

I cannot recommend positivity enough. How you, as a parent, speak about diabetes will make a huge impact on how she feels about herself and her diabetes. Never blame anything on diabetes. ➤

Elissa Renouf is owner of Diabete-ezy and a mum of four kids with type 1. Her range of convenient diabetes products is at diabete-ezy.com
Email your questions to: diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health, GPO Box 7805, Sydney, NSW 2001.

Let's get physical

Latest research by the Joslin Diabetes Center and Ohio State University College concludes future fathers who regularly exercise will pass on lifelong health benefits to their kids. The study, published in the journal *Diabetes*, suggests men who maintain a healthy exercise regimen will help to reduce the risk of type 2 in their children.



OPEN UP YOUR BAG

by Mike Lawson, Amazon, \$9.75

Is your child in the early stages of developing a routine to help manage their diabetes? Lawson's book encourages kids to follow animal characters as they pull items out of their bags (such as a glucometer), eat glucose and enter numbers into insulin pumps.

Every 2 HOURS

A limb is amputated due to diabetic foot disease – giving it a higher mortality rate than many cancers.

7 MINUTE WORKOUT

Exercise anywhere, anytime with the help of personalised workout plans on the app *Seven*. This free app will help you create a fitness habit, as you follow fast workouts that are created to provide the maximum benefits. Need extra encouragement? Add the challenge of competing with your friends and family!





REMEMBER TO LOOK AFTER YOUR MENTAL HEALTH

People with diabetes are significantly more likely to die by suicide or alcohol-related issues due to the psychological impact managing their condition has on their mental health. Findings from the University of Helsinki – published in the *European Journal of Endocrinology* – found alcohol-related deaths were up to 10 times greater in people with diabetes, while suicides were 110 per cent higher compared to the rest of the Finnish population.

Obesity causes depression

New research published in the *International Journal of Epidemiology* – conducted by the University of South Australia and the UK's University of Exeter – found the psychological impact of being overweight or obese causes depression, whether there is a presence of other health issues or not. "Our research shows that being overweight doesn't just increase the risks of chronic diseases, it can also lead to depression," says UniSA Professor Elina Hypponen.



I am going overseas on holiday and need some advice as, now on insulin injections, I am worried about travelling.

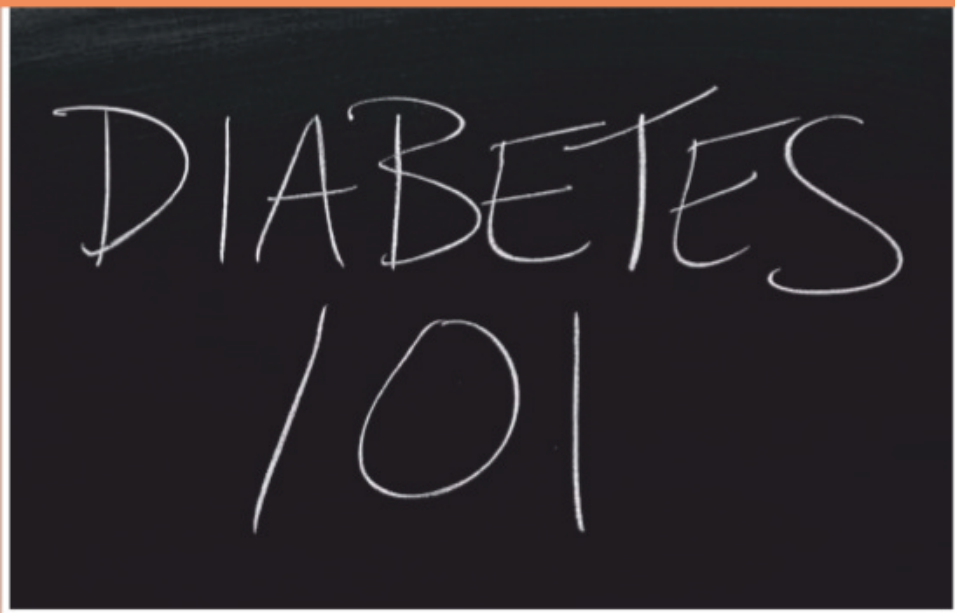
Sultan says: First of all, make sure you get a travel letter from your doctor that states you are on insulin and need to keep supplies with you at all times. This can really help when going through customs. Secondly, you need to buy a couple of cold packs to store insulin to keep it within temperature. I recommend taking extra insulin and splitting it between your hand luggage and suitcases just in case.

Hotels usually have fridges in which you can store your supplies. If not, ask for one to be sent to your room. But be careful – you don't want it to freeze. Storing on the door or middle front is best.

The last thing to consider is changing time zones and adjusting insulin injections. Usually it's best to keep to the time of your destination. Move your long-acting insulin a few hours per day and take short-acting insulin with meals. Remember to keep hypo packs with you and test your BGLs. ➤

Dr Sultan Linjawi, endocrinologist
Email your questions to:
diabeticliving@pacificmags.com.au
Post: Diabetic Living, Q&A: Health,
GPO Box 7805, Sydney, NSW 2001.

DIABETES IN SCHOOLS



The Federal Government has invested **\$6 million** in a school-based program that is designed to provide greater support for children with type 1 diabetes, and their families, in a school setting. The program – designed and delivered by Diabetes Australia through the National Diabetes Services Scheme – offers education for teachers in the symptoms and management of type 1, as well as providing training in administering insulin, recognising hypoglycaemia and more. For more information, visit diabetesaustralia.com.au/school.

Foot ulcers

A trial by a team from the Manchester Metropolitan University in the UK found participants with diabetes who used Orpyx Medical Technologies Inc's smart sensor insole reduced the incidence of foot ulcers by more than 70 per cent. The system, which is linked to a smartwatch, alerts users when pressure on the sole becomes too high, forcing them to change behaviours. This could help reduce unnecessary damage, leading to amputation.

22%

Consuming 340ml of sugary drinks per day increases your risk of type 2 diabetes by 22 per cent, compared to drinking one can per month (or less).



How do I deal with the 'diabetes police'?

Janine says: As frustrating as it is, it's important to find a constructive way to work with people who can't help but provide constant advice, prompts and commentary on how you are managing your diabetes. Why? Often they are partners, parents, friends and co-workers who care a lot about you, and who you care about, too.

Start by letting them know how their ongoing advice makes you feel. Perhaps it makes you feel you can't be trusted or you are not capable. Maybe it makes it harder for you to do what's needed.

Try not to criticise or blame, and recognise that most advice is motivated by good intentions. State what would be helpful and be clear about the kind of support you would like.

Lastly, self-promote! Let your loved ones see how much you are capable of.

Whether it's getting some exercise, cooking a healthful meal or testing blood glucose, let them know how much you know and are capable of doing. ■

Dr Janine Clarke, psychologist

Email your questions to:

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Your blood glucose reading could have an error margin of 20%¹. Yes, you read that 100% correctly.

Some devices still in use in Australia may not comply with the most recent international standards². This means that when a blood glucose level is 12 mmol/L, meter readings could be anywhere between 9.6 mmol/L and 14.4 mmol/L.



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¹International Organization for Standardization. In vitro diagnostic test systems - requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus, Geneva Switzerland: International Organization for Standardization; 2003. ²International Organization for Standardization. In vitro diagnostic test systems - requirements for blood glucose monitoring systems for self-testing in managing diabetes mellitus, Geneva Switzerland: International Organization for Standardization; 2013. ³Klonoff DC et al. Diabetes Care 2018 Aug; 41(8): 1681-1688.

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diabetes hero

▶▶ “We never started out to create what’s become a massive music festival,” says Greg Donovan, originator of Birdsville’s Big Red Bash, which has helped put more than \$1.1 million into type 1 diabetes research over six years. “But it’s probably the biggest event in outback Australia now.”

Prior to that, his son Steve getting type 1 in 2008 hadn’t been part of anyone’s plan, either. “He was just about to turn 15,” says Greg. “He was getting skinny and going to the toilet a lot, and we were wondering what was going on and Googling the symptoms. He had the thirst, always drinking, lethargic, no energy. We took him to a doctor who did the blood glucose and said ‘he’s 24’ and sent him to hospital.”

As Steve adjusted to daily insulin doses, carb counting and blood-glucose monitoring, Greg began wondering what he could do to help find improved treatments or even a cure.

A keen long-distance runner, his first thoughts ran to extreme sports. Six years before, he’d run the New York Marathon to benefit the children of 176 work colleagues tragically killed in the 9/11 terrorist attack on the Twin Towers, where his employer (insurance firm Aon) was headquartered.

“I’d seen the power of endurance challenges as a catalyst for raising funds.

I thought, ‘how can I do that in terms of diabetes?’” says Greg.

“So, with my eldest son, I formed a team of five and ran the 4 Deserts Race Series [250km runs in the Atacama, Gobi, Sahara and Antarctic deserts] in an eight-month period. That one-off fundraising raised \$100,000, but I wanted something more sustainable and long-term to keep raising money. So I decided to start up

a desert race in Australia, with all funds going to the Juvenile Diabetes Research Foundation.”

Drawing on his corporate-world business management skills, and learning on the fly through sheer determination, Greg launched the Big Red Run

in 2013, which became one of the JDRF’s biggest community-led fundraisers. The name refers to a spectacular 30m red sand dune on the edge of the Simpson Desert, handily about a marathon’s distance from Birdsville in Queensland’s remote southwest corner.

Sponsored entrants in the event, which ended in 2018, completed 250km over six days every June-July, running between Birdsville and the Big Red dune and into the desert beyond. Between marathons, they enjoyed the camaraderie of camping under the stars. The

“
**I decided
to start up
a desert
race in
Australia**

BIG RED *success*

A father and son have put in a marathon – and musical – effort to raise funds for research



Greg
Donovan
and son
Steve
at the Big
Red Bash in
July 2018.



54 competitors in 2018 raised \$140,000 for type 1 research, taking the total raised since the first run past \$1.1 million.

The Big Red Bash sprang from the Run almost by accident, when Greg treated the first year's entrants to a special show by Australian country singer John Williamson on top of the dune. The one-off gig proved so popular the idea arose for a larger, separate annual concert.

Six festivals later, the three-day Bash – staged at the foot of Big Red with the Simpson's ochre palette as a glorious backdrop – is established as the world's most remote music

festival and a huge boon to the outback economy. And it was vital to Greg's fundraising as it helped to subsidise the Big Red Run.

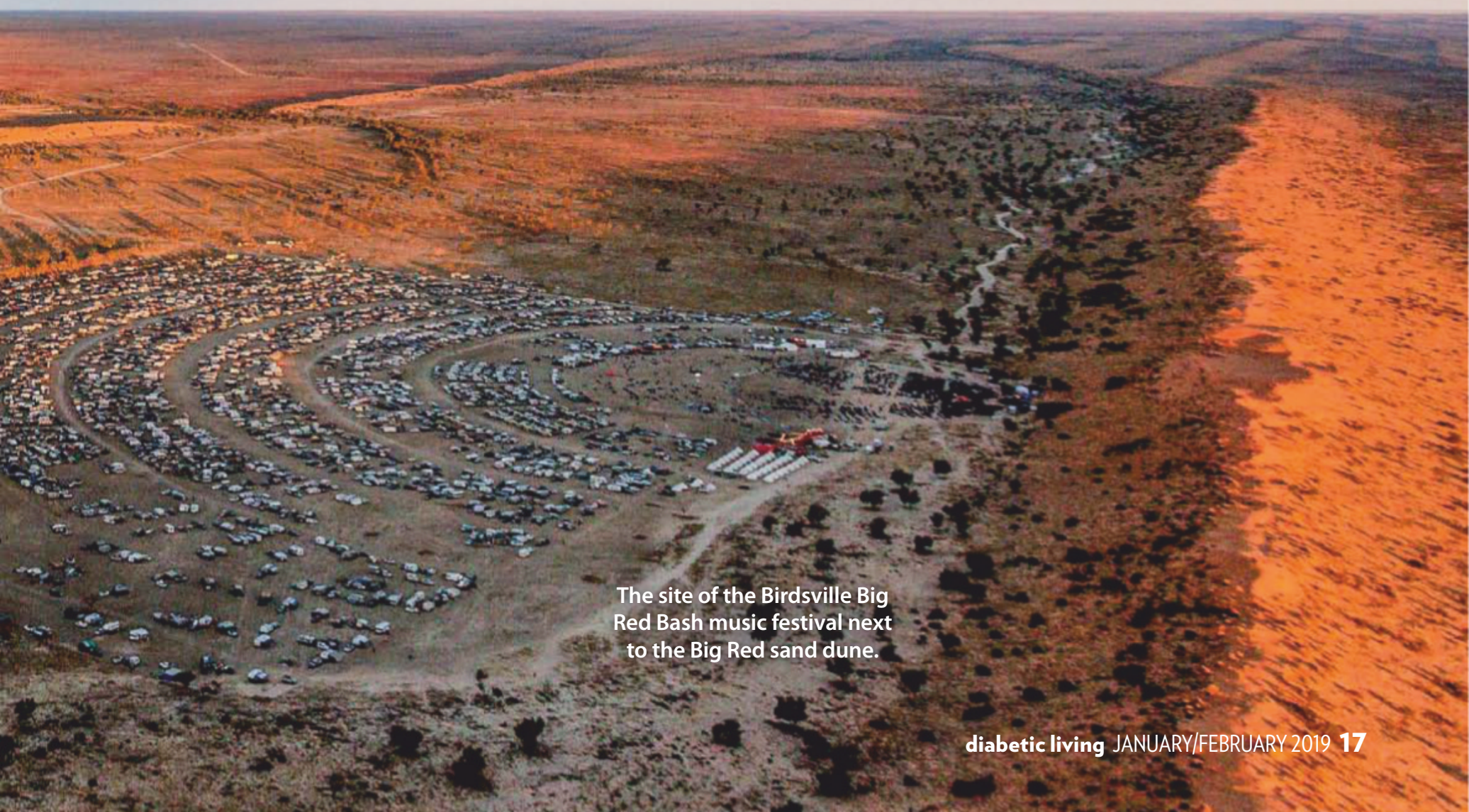
Moving forward, the Bash's rapid growth – it's on again in 2019 – has Greg thinking it might need capping, to help the towns cope with visitor numbers.

Headlined by John Farnham, Hoodoo Gurus and Daryl Braithwaite, the 2018 Bash sold out, with 9000 attendees (including Big Red Runners who received tickets with race entry), tripling the 2015 crowd.

The Bash is still very much

a family affair. Steve, now 25, works as an event manager. His sister Laura handles the merchandise and his brother Matt is the festival's Bilby mascot.

And fittingly, Greg took part in the 2018 Run with Steve to mark the 10th anniversary of his diagnosis. ■



The site of the Birdsville Big
Red Bash music festival next
to the Big Red sand dune.

ASK YOUR pharmacist



My New Year's resolution this year is to lose some weight. What's the best way to get started for long-term success?

Losing a few kilos if your weight has crept up is a great goal to aim for, as it's an effective way to help reduce your risk of a number of health conditions, including heart disease, diabetes and even some types of cancer. Plus, losing weight can help you manage your type 2 diabetes, if you've already been diagnosed.

But, while weight loss is a common New Year's resolution, it can be hard to maintain motivation after a few weeks, so it's important to start with small changes, making sure they're things you can integrate into your current lifestyle. This will help build your confidence in your ability to not only lose weight, but also to keep it off long-term.

A few tips for success include trying to:

● **Move more.** Any type of physical activity is beneficial for helping you to manage your weight. You can even

get creative about the type of movement you do – dancing, yoga, gardening and taking the stairs instead of the lift all 'count', and make a difference.

● **Eat more whole foods** and fewer processed foods, and drink plenty of water. Bumping up your fibre intake, which is found in cereals, fruits and vegetables, is also a good idea, because high-fibre foods often provide fewer kilojoules per gram, but are typically bulky, and therefore filling.

● **Meal replacements are a great way** to

kickstart your weight loss journey, and your TerryWhite Chemmart pharmacist can help you with this.

● **Find an 'accountability buddy' to support you.** A friend, family member or even your local TerryWhite Chemmart pharmacist can be a great source of support and encouragement.



TerryWhite Chemmart pharmacist Chris Campbell answers some questions about losing weight, health checks and prescription medications.



Apart from my weight, what other 'numbers' should I keep an eye on for my health – and particularly my heart health?

To look after your health, it's a good idea to look at both measurable health markers and personal goals to help keep you on track.

At TerryWhite Chemmart, our Heart Health Check covers five 'measures' – blood pressure, total cholesterol, random blood glucose, Body Mass Index and waist

measurement. These provide a baseline of your health risks, which your pharmacist will explain to you.

You should also think about the personal health goals that matter to you and your lifestyle. For example, do you want to have more energy or feel more comfortable in your clothes?

These goals can help you to stay motivated beyond any initial weight loss you achieve.

Think about the health goals that matter to you

I'm taking a few different medications, and keep missing doses because I can't keep track of what to take when. How can I streamline everything?

Remembering to take your medications on time – as well as recalling how to take them, when you've been prescribed a few different ones – can be a real challenge. This is where your local TerryWhite Chemmart pharmacist can help. As well as helping you to understand your medicines, we can provide you with the tools you need to get the most out of

your medication. For example, by downloading our Health App, you can see a full list of your medicines and how often to take them, and you'll also be able to easily order more from your phone, so that they'll be ready and waiting when you go in to pick them up. ■



5 days

Spice up your weekday meal times with these delicious recipes

5 dinners

MONDAY

LOADED BEEF NACHOS

Baked wrap strips work as chips.
recipe, page 25 >>

How our food works for you
see page 81

NUTRITION INFO
PER SERVE 2200kJ, protein 41g, total fat 21g (sat. fat 9g), carbs 36g, fibre 11g, sodium 516mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option

GFO

mains

TUESDAY

CARAMELISED ONION TARTLET WITH SALAD

A sophisticated twist on
your favourite quiche.

see recipe, page 25 >>

NUTRITION INFO

**PER SERVE 2120kJ,
protein 28g, total
fat 23g (sat. fat 6g),
carbs 40g, fibre 12g,
sodium 485mg**
• Carb exchanges 2½
• GI estimate low

mains

NUTRITION INFO

PER SERVE 2010kJ,
protein 33g, total
fat 15g (sat. fat 5g),
carbs 45g, fibre 14g,
sodium 302mg
• Carb exchanges 3
• GI estimate low

WEDNESDAY

PEARL COUSCOUS, MUSHROOM AND LENTIL SALAD WITH CHARGRILLED LAMB

The kids (and adults) will love
these easy-to-eat cutlets.

see recipe, page 26 >>



GFO

THURSDAY

FISH WITH RATATOUILLE

Capers, olives and a hint of vinegar give this dish a lift. [see recipe, page 26 >>](#)

NUTRITION INFO
PER SERVE 1720kJ,
protein 41g, total
fat 10g (sat. fat 2g),
carbs 33g, fibre 11g,
sodium 473mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

mains

STEAK WITH RED CABBAGE AND RAISIN SLAW

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

2 x 125g pieces lean rump steak, trimmed of fat
Freshly ground black pepper
300g Zerella Spud Lite potatoes, quartered, steamed, to serve
Lemon wedges, to serve (optional)

Red cabbage and raisin slaw

1½ cups finely shredded red cabbage
1 cup flat-leaf parsley, leaves picked
3 radishes, shredded
2½ Tbsp raisins, finely chopped

1½ Tbsp pine nuts, toasted (see Cook's Tip)
Juice of half a small lemon
2 tsp balsamic vinegar
1 tsp extra virgin olive oil

1 To make the red cabbage and raisin slaw, combine the cabbage, parsley, radish, raisins and pine nuts in a bowl. Whisk the lemon, vinegar and oil in a small bowl. Add to salad and toss to combine. Set aside.

2 Preheat a chargrill pan on medium-high. Spray the steak with cooking spray and season with pepper. Add to the chargrill and cook for 1½-2 minutes each side, for medium, or until cooked to your liking. Transfer to a plate,

cover loosely with foil and set aside for 2 minutes to rest. Thickly slice the steak.

3 Serve the steak with the slaw, potatoes and lemon wedges, if using.

COOK'S TIP

To toast pine nuts, cook in a small non-stick frying pan over medium heat, stirring, for 2-3 minutes or until lightly toasted.

Health Tip
Red meat is an excellent source of iron, which is essential for transporting oxygen around the body and providing energy for daily activities.

GF

FRIDAY

NUTRITION INFO

PER SERVE 1910kJ,
protein 35g, total fat 19g (sat. fat 3g),
carbs 31g, fibre 8g,
sodium 122mg
• Carb exchanges 2
• GI estimate low
• Gluten free





Loaded beef nachos

LOADED BEEF NACHOS

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

- 1 tsp extra virgin olive oil
- 1 small red capsicum, finely chopped
- ½ brown onion, finely chopped
- 1 small zucchini, finely chopped
- ½ cup fresh corn kernels
- 200g extra lean beef mince
- 3 tsp Mexican chilli powder
- 125ml (½ cup) passata
- 60ml (¼ cup) water
- 1½ Helga's Wholemeal Lower Carb Wraps or gluten-free wraps, cut into triangles or strips
- 40g (⅓ cup) 25% reduced-fat grated cheese
- ¼ small avocado, finely chopped
- ¼ cup coriander, finely chopped, plus extra sprigs, to serve (optional)
- 1 small tomato, chopped
- 1 green shallot, sliced
- 1 Tbsp light sour cream

1 Heat the oil in a medium non-stick frying pan over medium heat. Add the capsicum, onion, zucchini and corn. Cook, stirring often, for 4-5 minutes or until the vegetables start to soften. Add the beef mince and chilli powder, and increase heat to high. Cook, stirring, for 2 minutes or until the mince changes colour. Add



Caramelised onion tartlet with salad

the passata and water to the pan. Simmer, covered, for 5 minutes.

2 Meanwhile, preheat oven to 180°C (fan-forced). Line a tray with baking paper. Spread the wrap pieces over the tray in a single layer. Bake for 7-8 minutes or until light golden brown. Set aside to cool and crisp up.

3 Spoon mince mixture into an ovenproof dish. Stick corn chips into mince mixture and sprinkle with the cheese. Bake for 5-10 minutes or until the cheese melts.

4 Top the nachos with the avocado, coriander, tomato, shallot and sour cream. Serve.

CARAMELISED ONION TARTLET WITH SALAD

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 2 (AS A MAIN)

- 2 tsp extra virgin olive oil
- 2 brown onions, halved, very thinly sliced
- 1 clove garlic, crushed
- 2 tsp brown sugar
- 1 Tbsp red wine vinegar
- 2 Tbsp chopped flat-leaf parsley
- 2 Tbsp chopped mint
- 4 sheets chilled fillo pastry
- 3 x 60g eggs
- 80ml (⅓ cup) skim milk
- Freshly ground black pepper
- 2 tsp pine nuts
- 10g parmesan, finely grated

Salad

- 1 cob corn, kernels cut off
- 1 cup rocket leaves
- 1 cup finely shredded red cabbage
- 2 radishes, trimmed, thinly sliced
- 10g parmesan shavings

1 Heat the oil in a medium non-stick frying pan over medium heat. Add onions and garlic and cook, stirring often, for 2 minutes. Reduce heat to medium-low and cook, stirring occasionally, for 10-15 minutes or until the onion is very soft. Add sugar and vinegar. Increase heat to medium and cook, stirring often, for 5 minutes. Transfer to a bowl and stir in the parsley and mint. Set aside to cool for 10 minutes.

2 Meanwhile, preheat oven to 190°C (fan-forced). Spray 2 of the fillo sheets with cooking spray. Place another sheet of fillo on top of each sheet. Fold each stack in half crossways. Use to line two 11cm-diameter (top measurement) non-stick pie tins, trimming excess pastry. Spray with cooking spray. Whisk the eggs and milk in a jug. Season with pepper.

3 Divide the onion mixture between the lined tins. Sprinkle over pine nuts and parmesan. Pour the egg mixture evenly between. Bake for 20-25 minutes or until golden brown and the filling is set.

4 While the tarts are cooking, make the salad. Put the corn kernels in a shallow microwave-safe dish. Add 60ml (¼ cup) water. Cover and cook on high/100% for 3 minutes or until the corn is tender. Drain well and set aside to cool slightly. Toss corn, rocket, cabbage, radish and parmesan shavings in a bowl.

5 Serve the onion tarts with the corn salad. ➤

mains



Pearl couscous, mushroom and lentil salad with chargrilled lamb

PEARL COUSCOUS, MUSHROOM AND LENTIL SALAD WITH CHARGRILLED LAMB

PREP TIME: 15 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

200g Swiss brown mushrooms, quartered

1 eggplant, chopped

300ml water

80g (½ cup) Blu Gourmet Pearl Couscous

4 trim lamb cutlets

Freshly ground black pepper

½ x 425g can no-added-salt brown lentils, rinsed and drained

½ cup mint leaves

½ cup flat-leaf parsley leaves

Zest of ½ lemon and 1 Tbsp fresh juice

1 Tbsp red wine vinegar

1 tsp extra virgin olive oil

40g reduced-fat feta, crumbled

1 Preheat oven to 200°C (fan-forced). Line a roasting pan with baking paper. Put the mushrooms and eggplant in the pan and spray with cooking spray. Roast for 15-20 minutes, or until tender.

2 Meanwhile, put the water and couscous in a small saucepan. Cover and bring to the boil over high heat. Reduce heat



Fish with ratatouille

to medium and cook, covered, for 10-15 minutes or until the couscous is tender and the water is absorbed. Transfer to a bowl and set aside to cool slightly.

3 Preheat chargrill pan on medium-high. Spray lamb cutlets with cooking spray and season with pepper. Add to pan and cook for 1½ minutes each side or until cooked to your liking.

4 Add roasted vegetables, lentils, mint, parsley and lemon zest to the couscous. Toss to combine. Whisk lemon

juice, vinegar and oil

together. Season

with pepper. Pour over couscous mixture and toss to combine.

Divide salad between shallow serving bowls.

Sprinkle with feta and serve with lamb cutlets.

Health Tip
Pearl couscous is low GI so it will keep you feeling fuller for longer and will help avoid spikes in your blood glucose levels.

FISH WITH RATATOUILLE

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 2 (AS A MAIN)

2 tsp extra virgin olive oil

1 small brown onion, finely chopped

1 red capsicum, chopped

1 zucchini, chopped

2 baby (slender) eggplants, chopped

2 garlic cloves, crushed

1 tomato, chopped

1 tsp Massel Salt-Reduced Chicken Stock Powder

250ml (1 cup) boiling water

2 tsp drained capers

2 Kalamata olives, pitted

1 Tbsp red wine vinegar

2 Tbsp chopped flat-leaf parsley

Freshly ground black pepper

2 x 150g boneless fish fillets

Zest of ½ lemon

Extra sprigs parsley and lemon wedges, to serve

2 small sourdough rolls or gluten-free rolls, to serve

1 Heat half the oil in a large non-stick frying pan over medium-high heat. Add the onion, capsicum, zucchini, eggplant and garlic. Cook, stirring often, for 3 minutes.

2 Add the tomato, combined stock powder and water, capers, olives and vinegar to the pan. Bring to a simmer. Reduce

heat to medium and simmer, uncovered, for 10-15 minutes or until the vegetables soften and the mixture thickens. Remove pan from the heat and stir in the parsley. Season with pepper.

3 Meanwhile, heat remaining oil in a medium non-stick frying pan over medium heat. Sprinkle fish with the lemon zest and season with pepper. Add the fish to the pan and cook for 2 minutes each side, or until cooked through.

4 Divide the ratatouille between shallow serving bowls. Top with the fish and sprinkle with extra parsley and lemon wedges, if using. Serve with bread rolls.

HEALTH TIP

Fish is an excellent source of iodine, which is important for maintaining healthy functioning of the thyroid.



YOUR shopping list

GROCERIES

- ☐ 140g container Massel Salt-Reduced Chicken Stock Powder
- ☐ 230g jar capers in vinegar
- ☐ 440g jar Kalamata olives
- ☐ 250g box Blu Gourmet Pearl Couscous
- ☐ 425g can no-added-salt brown lentils
- ☐ 70g pine nuts
- ☐ 375g pkt raisins
- ☐ 400g jar passata
- ☐ 250g pkt Helga's Wholemeal Lower Carb Wraps

FRUIT AND VEGETABLES

- ☐ 1 small brown onion + 3 brown onions
- ☐ 1 red capsicum + 1 small red capsicum
- ☐ 1 zucchini + 1 small zucchini
- ☐ 1 eggplant + 2 baby (slender) eggplants
- ☐ 200g Swiss brown mushrooms
- ☐ 1.5kg pkt Zerella Spud Lite potatoes
- ☐ 2 cobs corn
- ☐ ¼ red cabbage
- ☐ 1 tomato + 1 small tomato
- ☐ 25g rocket leaves
- ☐ 1 bunch radishes
- ☐ 1 small avocado
- ☐ ½ bunch green shallots
- ☐ 1 bunch flat-leaf parsley
- ☐ 1 bunch mint

- ☐ 1 bunch coriander
- ☐ 3 lemons

MEAT & CHICKEN

- ☐ 4 trim lamb cutlets
- ☐ 2 x 125g pieces lean rump steak
- ☐ 200g extra lean beef mince

CHILLED

- ☐ 200g pkt reduced-fat feta
- ☐ 375g pkt Antoniou Fillo Pastry
- ☐ 250g tub light sour cream

SEAFOOD

- ☐ 2 x 150g pieces boneless white fish fillets

BAKERY

- ☐ 2 small sourdough rolls

HOME

- ☐ Extra virgin olive oil
- ☐ Olive oil cooking spray + extra virgin olive oil cooking spray
- ☐ Red wine vinegar
- ☐ Balsamic vinegar
- ☐ 3 cloves garlic
- ☐ 30g jar Mexican chilli powder
- ☐ Black pepper
- ☐ Brown sugar
- ☐ 3 x 60g eggs
- ☐ Skim milk
- ☐ Parmesan
- ☐ 25% reduced-fat grated cheese

LEFTOVERS

GROCERIES

Stock powder: Use in soups, casseroles and sauces.

Capers: Use in salads and pasta dishes.

Olives: Throw in salads or finely slice for a salad sandwich.

Couscous: Use in soups, cook and use in salads or serve as an alternative to rice.

Brown lentils: Use remaining in a salad with the leftover pine nuts, green shallots, avocado, radishes and shredded cabbage.

Pine nuts: Use in sweet and savoury dishes. Great in a salad or to make a healthy pesto.

Passata: Use in your healthy version of bolognese.

Wraps: Fill with your favourite salad options and a little grilled chicken or a small drained can of tuna or salmon in spring water.

FRUIT AND VEGETABLES

Red cabbage: Use in salads, or shred and use on sandwiches.

Radishes: Use in salads or slice and add to wraps.

Potatoes: Use to make potato salad, par-boil and slice, then spray with cooking spray and cook on the barbecue until tender. Toss with fresh herbs, pepper, lemon zest and a drizzle of extra virgin olive oil.

Onion: Finely chop and use in pasta sauces or thinly slice and use on pizza.

Green shallots: Use in salads, pasta sauces or on sandwiches.

Avocado: Slice or mash and use on wraps, sandwiches or salads.

CHILLED AND FROZEN

Feta and fillo: Use both to make a spinach and feta pie or spinach and feta triangles. Crumble a little feta over your salad.

Sour cream: Use in cakes or slices. ■

How our
food works
for you
see page 81

NUTRITION INFO

PER SERVE 1380kJ,
protein 14g, total
fat 7g (sat. fat 1g),
carbs 42g, fibre 18g,
sodium 444mg
• Carb exchanges 3
• GI estimate low

**BEAN AND
BARLEY SOUP**

The hefty fibre fix from
this soup will keep
you feeling satisfied.
see recipe, page 35 >>

Power lunches

**Avoid afternoon blahs with a midday meal
that will keep your energy levels fully charged**



PLOUGHMAN'S LUNCH WITH CHILLI JAM

It's easy – and oh-so delicious
– to whip up a batch of
homemade chilli jam.
see recipe, page 35 >>

NUTRITION INFO **GFO**

PER SERVE (Ploughman's
lunch) 1320kJ, protein
14g, total fat 8g (sat. fat
4g), carbs 44g, fibre 5g,
sodium 540mg
• Carb exchanges 3
• GI estimate low
• Gluten-free option

GF

PER SERVE (chilli jam only;
1Tbsp per serve) 215kJ,
protein 0g, total fat 0g
(sat. fat 0g), carbs 12g,
fibre 1g, sodium 5mg
• Carb exchanges 1
• GI estimate low
• Gluten free

light meals



GFO

POTATO SALAD WITH ANCHOVY & QUAIL EGGS

This fresh take on a classic provides a healthy hit of energy.

see recipe, page 36 >>

NUTRITION INFO

PER SERVE 1110kJ,
protein 15g, total
fat 7g (sat. fat 2g),
carbs 29g, fibre 10g,
sodium 430mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

GFO LC

LEBANESE CHICKEN WRAPS

Eat with one hand,
check Facebook with
the other. Too easy!
see recipe, page 36 >>

NUTRITION INFO

PER SERVE 1340kJ,
protein 31g, total fat 10g
(sat. fat 2g), carbs 21g,
fibre 6g, sodium 196mg
• Carb exchanges 1½
• GI estimate medium
• Gluten-free option
• Lower carb



CURRIED CHICKEN AND MANGO SANDWICH

PREP TIME: 15 MINS

SERVES 2 (AS A LIGHT MEAL)

2 Tbsp fat-free Greek-style natural yoghurt
1 Tbsp mild curry powder
4 dried apricots, chopped
Small bunch coriander, leaves picked, chopped
Juice 1 lime
1 small red chilli, deseeded, finely chopped (optional)
70g skinless cooked chicken, chopped (see Cook's Tips)
½ small avocado
4 slices sourdough or rye bread
½ mango, flesh removed, sliced
1 little gem lettuce

1 Mix yoghurt, curry powder, apricot, coriander, half the lime juice and chilli, if using. Add chicken and toss to coat. Cover and put in fridge until ready to use.

2 Halve then slice avocado and place in a shallow dish with remaining lime juice. Toss to coat.

3 Spread chicken mixture evenly over 2 slices of bread. Top with mango slices, avocado and a couple of lettuce leaves. Top with another slice of bread. Serve.

COOK'S TIPS

- To cook the chicken ahead, spray with a little cooking spray and cook on a chargrill preheated on medium for 3-4 minutes each side, or until cooked through. Cool.
- To make ahead, wrap chicken sandwich tightly in plastic wrap or greaseproof paper. Keep wrapped in the fridge until serving.

NUTRITION INFO

PER SERVE 1450kJ, protein 20g, total fat 8g (sat. fat 2g), carbs 43g, fibre 8g, sodium 334mg • Carb exchanges 3 • GI estimate low

Cook's Tip
Try replacing the lamb mince with beef or chicken.



BOMBAY LAMB WRAPS

PREP TIME: 10 MINS

COOK TIME: 50 MINS

SERVES 4 (AS A LIGHT MEAL)

2 tsp olive oil
1 large red onion, chopped
3 large cloves garlic, crushed
150g lamb mince
1 Tbsp tikka curry paste or
gluten-free curry paste
400g can no-added-salt
chopped tomatoes
2 large Zerella Spud Lite potatoes,
cut into 2cm pieces
250g frozen peas

8 (26g each) flour wraps, chapatis
or gluten-free wraps, warmed
100g ($\frac{3}{4}$ cup) low-fat natural
yoghurt, whisked until smooth

1 Heat oil in a large saucepan over medium heat. Add onion and cook, stirring often, for 6-7 minutes or until onion starts to soften. Add garlic and cook, stirring, for 1 minute. Add mince and cook, stirring often, for 2-3 minutes or until browned.

2 Add curry paste, tomatoes, potatoes and half a can of water to pan. Cover and bring to a simmer over medium heat.

Reduce heat to medium-low and cook, covered, for 20 minutes or until potatoes are nearly cooked.

3 Remove lid and simmer, uncovered, for a further 10-15 minutes or until liquid has reduced and thickened. Stir in peas. Cook for 2-3 minutes or until cooked. Serve lamb mixture warm with wraps and yoghurt. ➤

NUTRITION INFO **GFO**

PER SERVE 1380kJ, protein 19g, total fat 8g (sat. fat 2g), carbs 39g, fibre 10g, sodium 360mg
• Carb exchanges $2\frac{1}{2}$ • GI estimate medium • Gluten-free option



light meals

ASIAN-STYLE PULLED CHICKEN SALAD

PREP TIME: 20 MINS

SERVES 4 (AS A LIGHT MEAL)

400g cooked skinless chicken breast fillet, shredded (see Cook's Tip)
¼ red cabbage, cored, shredded
3 carrots, coarsely grated or finely shredded
5 green shallots, thinly diagonally sliced
2 red chillies, halved, thinly sliced
Small bunch coriander, roughly chopped, including stalks
2 Tbsp roasted unsalted peanuts, roughly chopped

Dressing

3 Tbsp hoisin sauce or gluten-free hoisin sauce
1 Tbsp toasted sesame oil

1 Combine dressing ingredients in a small bowl and set aside.

2 Put chicken, cabbage, carrot, shallot, chilli and half coriander in a large bowl. Add dressing and toss to combine.

3 Place salad on a serving plate. Top with remaining coriander and peanuts.

COOK'S TIP

To cook the chicken ahead, spray with a little cooking

spray and cook over a chargrill preheated on medium for 3-4 minutes each side, or until cooked through. Cool.

NUTRITION INFO **GFO** **LC**

PER SERVE 1220kJ, protein 33g, total fat 10g (sat. fat 2g), carbs 13g, fibre 7g, sodium 298mg • Carb exchanges 1 • GI estimate low • Gluten-free option • Lower carb

*An easy
toss and
serve salad!*

Health Tip
Hoisin sauce is lower in salt (sodium) than many Asian based sauces, but is still best to be enjoyed in small quantities.





Bean and barley soup

BEAN AND BARLEY SOUP

PREP TIME: 10 MINS

COOK TIME: 1 HOUR

SERVES 4 (AS A LIGHT MEAL)

- 3 tsp olive oil
- 1 large brown onion, finely chopped
- 1 fennel bulb, quartered, core removed, sliced
- 5 cloves garlic, crushed
- 400g can no-added-salt chickpeas, rinsed and drained
- 2 x 400g cans no-added-salt chopped tomatoes
- 250ml (1 cup) salt-reduced vegetable stock
- 625ml (2½ cups) water
- 100g pearl barley, rinsed and drained
- 400g can butter beans, rinsed and drained
- 100g baby spinach leaves
- Freshly ground black pepper
- 10g grated parmesan, to serve

1 Heat oil in a large saucepan over medium heat. Add onion, fennel and garlic to the pan. Cook, stirring, for 7-10 minutes or until vegetables soften.

2 Mash half the chickpeas and add to pan with tomatoes, stock, water and barley. Cover and bring to boil. Reduce heat to medium-low and cook, covered, for 40-45 minutes or until barley is cooked and tender.



Ploughman's lunch with chilli jam

3 Add remaining chickpeas and butter beans to soup and cook for 2-3 minutes or until heated through. Add spinach and cook, stirring, for 1 minute, or until spinach wilts. Season with pepper. Top with parmesan, to serve.

PLOUGHMAN'S LUNCH WITH CHILLI JAM

PREP TIME: 10 MINS

COOK TIME: 45 MINS

SERVES 4 (AS A LIGHT MEAL)

- 320g baguette or gluten-free bread, sliced, toasted, to serve
- 4 x 20g slices firm or hard goat's cheese
- 1 cup rocket leaves
- 2 cups of garden salad (such as tomato, snow peas and cucumber), per person, to serve

Chilli Jam

- 4 cloves garlic
- 5 red chillies, halved lengthways, deseeded
- 5cm piece ginger, peeled, roughly chopped
- 500g ripe tomatoes, quartered
- 300g brown sugar
- 150ml apple cider vinegar

- 1 tsp mustard seeds
- 1 tsp coriander seeds

1 To make chilli jam, put garlic, chilli and ginger in a food processor and pulse until blended. Add tomatoes and pulse until finely chopped. Pour into a saucepan and add sugar, vinegar, mustard seeds and coriander seeds.

2 Bring to boil over high heat. Reduce heat to medium and simmer for 45 minutes or until mixture is thick and syrupy.

Pour into sterilised jars with fitted lids (see Cook's Tip).

3 Top the toasted baguette pieces with goat's cheese, rocket, and drizzle each serve with 1 Tbsp chilli jam. Serve with the salad.

COOK'S TIP

Following this recipe, you will make about 500ml (2 cups) of the chilli jam. Keep the jam in the fridge for up to 1 month. ➤



Cook's Tip

To sterilise jars, preheat oven to 120°C (fan-forced). Wash your jars in warm soapy water and rinse well. Place on a baking tray and put in the oven until completely dry.

light meals

POTATO SALAD WITH ANCHOVY & QUAIL EGGS

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 1 (AS A LIGHT MEAL)

- 4 quails' eggs or 1 x 60g egg (see Health Tip)
- 100g green beans, trimmed
- 100g small Zerella Spud Lite potatoes, halved or quartered if very large
- 1 drained anchovy fillet, finely chopped
- 1 Tbsp chopped parsley
- 1 Tbsp chopped chives
- Juice of ¼ lemon
- 1 small (50g each) soy and linseed roll or gluten-free roll, to serve

1 Bring a medium pan of water to a simmer. Lower in quails' eggs and cook for 2 minutes. Use a slotted spoon to lift out eggs and put into a bowl of cold water. Add beans to pan and cook for 2 minutes or until tender crisp. Use slotted spoon to remove from pan and plunge into bowl of cold water.



Potato salad with anchovy & quail eggs

2 Put potatoes in small saucepan and cover with cold water. Cover. Bring to the boil. Reduce heat to medium. Simmer for 10-15 minutes or until tender. Drain potatoes in a colander. Set aside to cool.

3 While potatoes are cooling, peel eggs and cut them in half (or quarter if regular egg). Toss potatoes and beans with chopped anchovy, parsley, chives and lemon juice. Top with eggs and serve with bread roll.

HEALTH TIP

Quail eggs contain choline, which helps support healthy cell membranes and nervous system function.

LEBANESE CHICKEN WRAPS

PREP TIME: 20 MINS

(+ 30 MINS MARINATING)

COOK TIME: 10 MINS

SERVES 4 (AS A LIGHT MEAL)

- 400g skinless chicken breast fillets, trimmed of fat
- 200g low-fat Greek-style natural yoghurt
- Zest and juice of 1 lemon
- 1 tsp ground allspice
- 2 tsp olive oil
- 2 cloves garlic, crushed
- 4 light white Mountain Bread wraps or gluten-free wraps
- 25g pine nuts, toasted (see Cook's Tip)



Lebanese chicken wraps

Small bunch parsley, finely chopped

3 tomatoes, finely chopped
1 small Lebanese cucumber, finely chopped

1 Place chicken on a piece of baking paper. Cover with another sheet. Use a rolling pin to pound until thin.

2 Combine half yoghurt and half lemon juice in a large bowl. Add lemon zest, allspice, oil and garlic. Stir in chicken, coating well in yoghurt mixture. Cover and set aside in fridge for 30 minutes to marinate.

3 Heat a chargrill pan on medium-high heat. Add chicken and cook for 2 minutes each side, or until cooked through (cooking in batches if necessary). Transfer to a board and slice into strips.

4 Spread rest of yoghurt over wraps and fill with pine nuts, cooked chicken, parsley, tomatoes and cucumber. Drizzle over rest of lemon juice and roll up. Put wraps back on chargrill for 30 seconds each side to lightly toast. Serve.

COOK'S TIP

To toast the pine nuts, cook over medium heat in a small non-stick frying pan, stirring often, for 2-3 minutes or until lightly toasted. ■



MAD FOR *matcha*

Add a healthy flavour hit to your morning yoghurt and fruit with a little green tea powder

MATCHA BREAKFAST BOWL

PREP TIME: 15 MINS

SERVES 2

(AS A BREAKFAST)

300g low-fat
natural yoghurt

1 Tbsp matcha
powder

2 tsp maple syrup

1 kiwifruit, skin
removed, sliced

1 peach, sliced

150g punnet blueberries

20g coconut flakes,
toasted (see Cook's Tip)

1 Put the yoghurt, matcha powder and maple syrup in a bowl. Whisk to combine.

2 Divide the matcha yoghurt between two serving bowls. Top with the kiwifruit, peach and blueberries.

3 Sprinkle the coconut flakes over the fruit. Serve.

COOK'S TIP

To toast the coconut flakes, cook in a small non-stick frying pan over medium heat, stirring, for 2-3 minutes or until toasted. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA ADDITIONAL
INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

NUTRITION INFO **GF**
PER SERVE 1080kJ,
protein 12g, total fat 7g
(sat. fat 6g), carbs 32g,
fibre 5g, sodium 131mg
• Carb exchanges 2
• GI estimate low
• Gluten free

Health Tip
Matcha powder is derived from green tea leaves and is packed with antioxidants to help protect our body's cells.

Daily bread

Rise to the challenge and bake your own – it's easy and fun

SEEDED WHOLEMEAL LOAF

PREP TIME: 15 MINS (+ COOLING AND
1 HOUR 45 MINS PROVING)

COOK TIME: 45 MINS

MAKES 1 LOAF (20 SLICES)

270g (1½ cup) wholemeal
plain flour
150g (1 cup) baker's flour
100g spelt flour
7g sachet dried yeast
1 tsp fine salt
1 Tbsp treacle
250ml (1 cup) lukewarm water
50g mixed seeds (see Cook's Tip)
1 egg yolk (from 60g egg),
lightly whisked

1 Combine all flours in a large bowl with the yeast and salt. Mix treacle with lukewarm water in a jug until well combined. Stir into the flour to make a slightly sticky dough. If you need to add more water, add it in 1 Tbsp at a time.

2 Turn dough out onto a lightly floured surface

and knead for 10 minutes or until dough is smooth and elastic. Place dough in lightly oiled bowl. Cover with plastic wrap. Place in a warm place until doubled in size; this will take about 1 hour. Spray a 21 x 10.5 x 6.5cm high (base measurement) loaf tin with cooking spray.

3 Once dough has doubled in size, punch it down with your fist and turn out onto a lightly floured surface. Knead dough again for 3-5 minutes or until smooth, adding most of the seeds, working them in as you knead the dough. Shape into an oval roughly the same length as your tin. Place in tin and cover with lightly oiled plastic wrap. Set aside in a warm place for 30-45 minutes or until it has nearly doubled in size again.

4 Meanwhile, preheat your oven to 180°C (fan-forced).

5 Brush top of loaf with egg yolk and sprinkle over remaining seeds. Bake for 40-45 minutes or until loaf is golden brown. Tip loaf out onto a wire rack and set aside to cool for at least 30 minutes. Slice and serve.

COOK'S TIP

Try using a combination of sunflower, pumpkin and poppy seeds plus linseeds.

Health Tip

This bread is a good source of fibre, making it an excellent choice for breakfast! Toast it and top with mashed avocado, a thin slice of cheese and sliced tomato for a perfectly balanced start to the day.

NUTRITION INFO

PER SERVE (per slice)
472kJ, protein 4g, total fat 2g (sat. fat 0g), carbs 18g, fibre 2g, sodium 119mg
• Carb exchanges 1
• GI estimate low



NO-KNEAD LOAF

PREP TIME: 10 MINS (+ COOLING
AND 9 HOURS RISING)

COOK TIME: 1 HOUR

MAKES 1 LOAF (18 SLICES)

500ml (2 cups) lukewarm water
(see Cook's Tip)

¼ tsp dried yeast

500g baker's flour, plus extra
for dusting

3-4 rosemary sprigs, leaves picked

2 tsp sea salt

1 Tbsp olive oil

1 Put the water in a large bowl and sprinkle over the yeast. Stir well. Add the flour, rosemary leaves and salt. Mix until well

combined. Cover the bowl with plastic wrap and set aside for 8-12 hours to rise.

2 Once the mixture has risen, brush the inside of another large bowl with the olive oil and dust with 1-2 Tbsp flour. Carefully tip the bread into the floured bowl and dust the top with more flour. Cover again with plastic wrap and set aside for 1 hour to prove.

3 Preheat oven to 180°C (fan-forced). Place a large casserole dish, small roasting tin or cake tin in the oven to heat up. When it's really hot, take it out of the oven and quickly tip in the dough. (The dish or tin should be hot enough that the dough will sizzle when it

goes in.) Sprinkle with a little more flour and bake for 45-60 minutes or until the bread is risen, golden and, if you tap the crust with your knuckles, it sounds hollow.

4 Turn the bread out onto a wire rack and set aside to cool for 10-15 minutes before slicing. It's delicious served warm with olive oil and balsamic vinegar.

COOK'S TIP

Make sure the water is warm enough to activate the yeast – it is brought back to life at 37°C (human blood temperature). If you don't have a thermometer, the water should feel just warm, not hot, to the touch. ■

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

How our
food works
for you
see page 81

NUTRITION INFO
PER SERVE 454kJ,
protein 3g, total fat 1g
(sat. fat 0g), carbs 20g,
fibre 1g, sodium 248mg
• Carb exchanges 1½
• GI estimate high

HEALTHY

snacks & nibbles

These nutrient-packed snacks are ideal options if you're looking for a quick boost in energy levels

INSTANT BERRY BANANA FREEZE

Slice 2 ripe **bananas** into a bowl and add 200g frozen **mixed berries**. Blitz with a stick blender to make slushy ice and serve straight away in glasses with spoons. Serves 2.

NUTRITION INFO **GF**

PER SERVE 516kJ,
protein 2g, total fat 0g
(sat. fat 0g), carbs 25g,
fibre 5g, sodium 2mg
• Carb exchanges 1½
• GI estimate low
• Gluten free

How our
food works
for you
see page 81



snacks

AVOCADO WITH SOY & GINGER DRESSING

Mix a small grated clove **garlic** and ½ tsp finely grated **ginger** with 1 tsp salt-reduced **soy sauce** or gluten-free soy sauce and 2 tsp fresh **lemon juice** in a small bowl. Stir in 1-2 tsp **water**. Cut a small **avocado** in half and de-stone. Spoon in the dressing and eat with a teaspoon. Serves 2.

NUTRITION INFO

PER SERVE 456kJ, protein 1g, total fat 11g (sat. fat 2g), carbs 1g, fibre 2g, sodium 90mg

- Carb exchanges 0
- GI estimate n/a
- Gluten-free option • Lower carb

GFO LC

AVOCADO WITH SOY & GINGER DRESSING

see recipe, right >>

GFO LC

CURRIED TURKEY LETTUCE WRAPS

see recipe, left >>

CURRIED TURKEY LETTUCE WRAPS

Mix 80g **low-fat natural yoghurt** with 1 tsp **curry powder** or gluten-free curry powder, 1 tsp **tomato puree** and 2 Tbsp **raisins**. Stir in 80g cooked and chopped skinless **turkey** or **chicken breast**. Spoon onto 8 **Little Gem lettuce** leaves. Scatter over 2 tsp **sunflower seeds** and **coriander leaves**. Serves 2. ➤

NUTRITION INFO

PER SERVE 599kJ, protein 16g, total fat 2g (sat. fat 1g), carbs 14g, fibre 1g, sodium 129mg

- Carb exchanges 1
- GI estimate low
- Gluten-free option
- Lower carb



snacks



GF LC

SPICY ROAST CHICKPEAS

see recipe, right >>

SPICY ROAST CHICKPEAS

Preheat oven to 160°C (fan-forced). Tip a drained 400g can no-added-salt **chickpeas** into a bowl and toss with 1 tsp **olive oil**, 1 tsp **smoked paprika**, 1 tsp ground **cumin** and 1 tsp ground **coriander**. Toss until chickpeas are well coated. Tip onto baking tray lined with baking paper. Bake for 35 minutes, turning once, or until chickpeas dry out and are crunchy. Cool completely. Store in an airtight container. Serves 4.

NUTRITION INFO

PER SERVE 367kJ, protein 4g, total fat 3g (sat. fat 0g), carbs 9g, fibre 3g, sodium 18mg

- Carb exchanges ½
- GI estimate low
- Gluten free
- Lower carb

CINNAMON CASHEW SPREAD WITH APPLE SLICES

Pour enough boiling water over 50g unroasted **cashew nuts** in a small bowl to cover. Set aside for 2-3 minutes to soften a little. Drain and return to the bowl. Add 1 Tbsp **canola oil** and ½ tsp ground **cinnamon**. Blitz with a stick blender to chop the **nuts** into a rough paste. Serve with 2 **apples** sliced straight across into rounds and 2 **lemon** wedges for squeezing over. Serves 4. ■

NUTRITION INFO

PER SERVE 656kJ, protein 2g, total fat 11g (sat. fat 5g), carbs 11g, fibre 3g, sodium 2mg • Carb exchanges ½ • GI estimate low • Gluten free



GF

CINNAMON CASHEW SPREAD WITH APPLE SLICES

see recipe, left >>

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN) ADDITIONAL PHOTOGRAPHY GETTY IMAGES

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RIPE FOR THE *picking*

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delights while they're farm fresh**



GF

FISH TACOS WITH RASPBERRY AND PINEAPPLE SALSA

Step aside tomatoes, this recipe
puts a tasty new spin on tacos.

see recipe, page 49 >>

How our
food works
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NUTRITION INFO

PER SERVE 1580kJ,
protein 28g, total
fat 13g (sat. fat 1g),
carbs 31g, fibre 8g,
sodium 170mg

- Carb exchanges 2
- GI estimate low
- Gluten free



NUTRITION INFO **GFO**
PER SERVE 1930kJ,
protein 37g, total
fat 26g (sat. fat 7g),
carbs 15g, fibre 9g,
sodium 185mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb **LC**

GRILLED SALMON SALAD WITH RASPBERRY VINAIGRETTE

PREP TIME: 15 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A MAIN MEAL)

4 x 150g pieces skinless and
boneless salmon fillets
Freshly ground black pepper
120g baby spinach leaves
2 cups raspberries
30g reduced-fat feta, crumbled
35g (¼ cup) chopped, toasted
walnuts (see Cook's Tip)
Lemon zest, to serve (optional)

Vinaigrette

2 cups raspberries
3 Tbsp red wine vinegar

1 Tbsp sugar
1 tsp Dijon mustard or
gluten-free mustard
½ tsp lemon zest
Freshly ground black pepper

1 To make the vinaigrette, put raspberries, vinegar, sugar and mustard in a small saucepan. Bring to the boil over a high heat. Reduce heat to medium and simmer for 8-10 minutes or until berries have broken down and mixture thickens slightly. Set aside to cool slightly. Press mixture through a fine mesh sieve set over a bowl. Discard seeds. Set aside to cool completely. Stir in lemon zest and pepper. If desired, thin vinaigrette with a little water.

2 Preheat grill on medium. Spray salmon with cooking spray. Add salmon to grill. Season with pepper. Cook for 3-4 minutes each side or until just cooked. Transfer to plate.

3 To serve, combine spinach leaves and half the vinaigrette in a large bowl. Toss to combine. Divide between serving plates. Top with salmon, raspberries, feta and walnuts. Drizzle with remaining vinaigrette. Sprinkle with extra lemon zest, if using.

COOK'S TIP

To toast walnuts, spread out on a baking tray and cook in an oven preheated to 170°C (fan-forced) for 8-10 minutes or until lightly toasted. Set aside to cool. ➤

NUTRITION INFO

PER SERVE 635kJ, protein 6g, total fat 5g (sat. fat 1g), carbs 18g, fibre 4g, sodium 71mg • Carb exchanges 1
• GI estimate medium

RASPBERRY CLAFOUTIS

Take a classic French dish,
add fresh raspberries and
you end up with yum!
see recipe, page 49 >>



RASPBERRY AND VANILLA MOUSSE CAKE

PREP TIME: 10 MINS
COOK TIME: 20 MINS
SERVES 10 (AS AN OCCASIONAL DESSERT)

500g fresh raspberries,
plus 100g extra, to serve
125ml (½ cup) water,
plus 2 Tbsp extra
1 Tbsp sugar
4 tsp powdered gelatine
100g light smooth ricotta
2 x 150g containers vanilla fruche
185ml (¾ cup) skim milk
1½ Tbsp Cottee's instant
pudding, vanilla flavoured
dessert mix
70g Arnott's Milk Arrowroot,
crushed
2 Tbsp margarine, melted
Fresh mint leaves, to serve
(optional)

1 Spray a small loaf tin with cooking spray. Line with a double layer of plastic wrap, allowing plastic to overhang sides.
2 Put raspberries and 60ml (¼ cup) water in a large saucepan. Mash berries. Bring to boil over high heat. Reduce heat to medium and simmer, uncovered, for 10 minutes. Press mixture through

a fine mesh sieve. Discard seeds. Return mixture to saucepan and stir in sugar. Return to simmer and cook for 10 minutes or until mixture reduces to about ½ cup. Set aside to cool slightly.
3 Add 60ml (¼ cup) water to a small heatproof bowl. Sprinkle over 2 tsp gelatine and set aside for 5 minutes. Heat in microwave on High/100% for 30 seconds. Set aside for 5 minutes to cool slightly. Stir over medium heat for a few minutes until gelatine dissolves. Stir gelatine mixture into berry mixture. Whisk ricotta and one container of fruche in a medium bowl. Add one third fruche mixture to berry mixture until combined. Fold in another third of fruche mixture and mix until combined. Spoon mixture in lined tin. Cover with plastic wrap and put in fridge for about 1 hour, or until set.
4 Whisk the milk and pudding mix in a medium bowl until thick. Whisk in the remaining ricotta

NUTRITION INFO

PER SERVE 699kJ, protein 6g, total fat 6g (sat. fat 3g), carbs 19g, fibre 4g, sodium 109mg
• Carb exchanges 1½
• GI estimate low

and fruche mixture and extra tub of fruche into pudding mix. Put remaining 2 Tbsp water into a small heatproof bowl. Sprinkle over remaining gelatine. Stir well. Set aside for 5 minutes. Heat in microwave on High/100% for 30 seconds. Set aside for 5 minutes to cool slightly. Stir gelatine into vanilla mixture. Spread over raspberry layer.
5 Combine biscuit crumbs and margarine in a small bowl. Gently press mixture onto pudding layer. Cover with plastic wrap and put in fridge for 8 hours.
6 Using overhanging plastic wrap, lift cake out of tin. Invert onto a serving plate and top with raspberries and mint, if using.

FISH TACOS WITH RASPBERRY AND PINEAPPLE SALSA

PREP TIME: 15 MINS

(+ 30 MINS MARINATING)

COOK TIME: 10 MINS

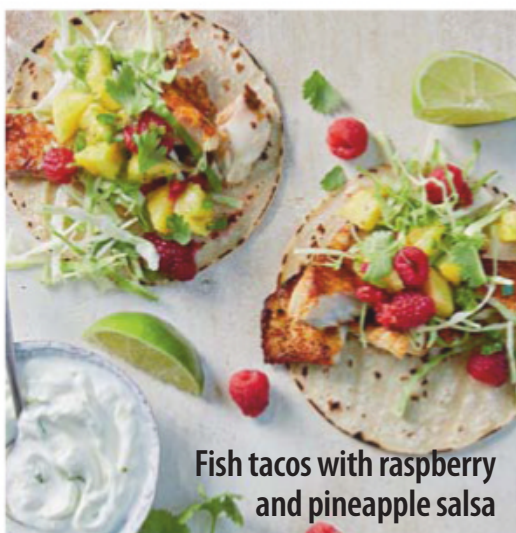
SERVES 4 (AS A MAIN MEAL)

- 1 Tbsp canola oil
- 2 tsp Mexican chilli powder
- Freshly ground black pepper
- 4 Tbsp fresh lime juice
- 450g skinless and boneless white fish fillets
- 130g (½ cup) fat-free Greek-style natural yoghurt
- 8 Mission White Corn Tortillas, warmed (see Cook's Tip)
- 1 cup finely shredded green cabbage
- ¼ cup coriander leaves
- Lime wedges, to serve (optional)

Raspberry and pineapple salsa

- 1 cup raspberries
- 1 cup peeled, cored and chopped pineapple
- 1 green shallot, thinly sliced
- ½ long green chilli, halved lengthways, seeds removed, finely chopped
- 1 tsp finely grated lime zest
- 1 Tbsp fresh lime juice
- 1 Tbsp canola oil

1 Combine oil, chilli powder, pepper and 2 Tbsp lime juice, in a small bowl. Place fish in resealable plastic bag and add lime marinade. Turn fish to coat. Seal and set in a dish. Place in fridge for 15-30 minutes to marinate. Combine yoghurt and remaining lime juice in a small bowl. Set aside.



Fish tacos with raspberry and pineapple salsa

- 2 Meanwhile, to make the salsa**, combine raspberries, pineapple, shallot, chilli, lime zest, lime juice and oil. Season with pepper.
- 3 Spray large non-stick frying pan** with cooking spray and heat over medium-high heat. Drain fish, discarding marinade. Add fish. Cook for 2-3 minutes each side, or until cooked through. Transfer to a plate. Break into bite-sized pieces.
- 4 Serve fish** in tortillas topped with cabbage, salsa, yoghurt mixture, coriander and lime wedges, if using.

COOK'S TIP

To warm the tortillas, cook over a chargrill preheated on medium-high for 1-2 minutes or until warmed through.

RASPBERRY CLAFOUTIS

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVES 8 (AS A DESSERT)

- 1 vanilla bean
- 250ml (1 cup) skim milk
- 3 x 60g eggs



Raspberry clafoutis

- 80g (½ cup) wholemeal plain flour
- 50g (¼ cup) white sugar
- 2 Tbsp margarine, melted
- ¼ tsp almond extract
- 2 cups raspberries, plus 1 cup extra, to serve
- 1 tsp icing sugar

- 1 Preheat oven** to 170°C (fan-forced). Spray a 22cm pie dish with cooking spray.
- 2 Using tip** of sharp knife, scrape seeds from vanilla bean into small saucepan. Add vanilla bean pod and milk to pan. Bring to a simmer over medium heat. Remove pan from heat and set aside for 15 minutes. Discard pod.
- 3 Put eggs**, flour, sugar, margarine and almond extract in a blender. Add milk mixture and blend until smooth. Arrange raspberries in pie dish. Pour batter over raspberries.
- 4 Bake clafoutis** for 30-35 minutes or until puffed up and edges are light brown. Set aside on a wire rack for 15 minutes. Dust with icing sugar and top with extra raspberries. Serve warm. ■

Berry season means it's time to delight in the deliciousness of summer



FRIDAY • NIGHT *spicy*

Start your weekend right with these delicious and flavourful feasts

GFO LC

SPICY CHICKEN & AVOCADO WRAPS

This quick and simple favourite packs a punch.
see recipe, page 56 >>

NUTRITION INFO

PER SERVE 1710kJ,
protein 34g,
total fat 19g (sat. fat 5g),
carbs 20g, fibre 7g,
sodium 326mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb

makeover



PORK VINDALOO

Get things heating up in the kitchen with a curry night.
see recipe, page 56 >>

How our
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for you

see page 81

NUTRITION INFO

PER SERVE 2330kJ,
protein 42g, total fat
18g (sat. fat 3g),
carbs 52g, fibre 9g,
sodium 470mg

- Carb exchanges 3½
- GI estimate medium

HARISSA ROAST SALMON WITH LEMON CHICKPEA COUSCOUS

PREP TIME: 30 MINS

COOK TIME: 50 MINS

SERVES 8 (AS A MAIN)

2 tsp olive oil
2 large brown onions, halved,
thinly sliced
1 large bulb fennel, halved,
thinly sliced
1 clove garlic, chopped
1 tsp cumin seeds
Zest of 1 lemon
Freshly ground black pepper
2 Tbsp harissa paste
1 Tbsp honey
2 x 800g sides of salmon, skin
and bones removed (ask your
fishmonger to do this)
500g green beans, trimmed,
steamed, to serve

Lemon chickpea couscous

1 salt-reduced vegetable
stock cube
2-3 tsp harissa paste
40g (¼ cup) currants
150g couscous
2 x 400g cans no-added-salt
chickpeas, rinsed and drained
Zest of 1 lemon, Juice of 2 lemons

2 tsp olive oil
450ml boiling water
1 bunch flat-leaf parsley, chopped
1 bunch mint, chopped
25g (¼ cup) toasted flaked
almonds (see Cook's Tip)
Lemon wedges, to serve

1 Heat oil in large non-stick frying pan over medium heat. Add onions, fennel, garlic and cumin seeds. Cook, stirring occasionally, for 15 minutes or until vegetables are soft and golden. Stir in the lemon zest and season with pepper. Set aside to cool.

2 Combine harissa and honey in a small bowl. Place a salmon fillet, skinned-side down, on a large piece of baking paper. Spread with half the harissa mixture. Top with onion and fennel mixture. Cover with other salmon fillet, positioning it so that thickest end is on top of the thinnest end of other fillet. Cover with plastic wrap and put in fridge until ready to use (up to overnight).

3 Preheat oven to 180°C (fan-forced). Place a large baking tray in oven to preheat. Brush salmon with remaining harissa mix. Lift salmon, still on paper, onto

preheated tray. Bake 30 minutes. Remove from oven to check fish is cooked all the way through; if not, return to oven for a further 5 minutes and then check again.

4 Meanwhile, to make lemon chickpea couscous, crumble stock cube into a large bowl. Add harissa, currants and couscous. Put chickpeas, lemon juice and oil in a separate bowl. Just before serving, pour boiling water over couscous. Stir well. Cover with a plate and set aside for 5 minutes to allow water to be absorbed. Add lemon zest, parsley and mint to chickpeas. Toss to combine. Add to couscous with flaked almonds. Toss to combine.
5 Serve the salmon with beans, couscous and lemon wedges.

COOK'S TIP

To toast almonds, cook in an oven preheated to 160°C (fan-forced) for 7-8 minutes, stirring once, or until toasted. ➤

NUTRITION INFO

PER SERVE 2430kJ, protein 48g, total fat 30g (sat. fat 8g), carbs 30g, fibre 8g, sodium 262mg
• Carb exchanges 2
• GI estimate low



GF

FISH TACOS WITH GREEN JALAPEÑO SALSA & CHILLI CREAM

Try this Mexican staple
with a gourmet twist.
see recipe, page 56 >>

NUTRITION INFO

PER SERVE 2050kJ,
protein 32g,
fat 17g (sat. fat 5g),
carbs 47g, fibre 9g,
sodium 657mg
• Carb exchanges 3
• GI estimate low
• Gluten free

SPICED BLACK BEAN, CHICKEN & KALE SOUP

PREP TIME: 20 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

2 Tbsp olive oil
2 large cloves garlic, crushed
Small bunch coriander, stalks finely chopped, leaves picked
Zest 1 lime, then juice $\frac{1}{2}$ and cut rest into wedges
2 tsp ground cumin
1 tsp chilli flakes
400g can no-added-salt chopped tomatoes
400g can no-added-salt black beans, rinsed and drained
375ml (1 $\frac{1}{2}$ cups) salt-reduced or gluten-

free chicken stock
250ml (1 cup) water
200g kale, thick stalks removed, leaves shredded
250g cooked skinless chicken breast, shredded (see Cook's Tip)
Freshly ground black pepper
50g reduced-fat feta, crumbled
4 Mission Low Carb Wraps, or gluten-free wraps

1 Heat oil in a large saucepan over medium heat. Add garlic, coriander stalks and zest. Cook, stirring, for 1-2 minutes or until fragrant. Add cumin and chilli. Cook, stirring, for

1 minute. Add tomatoes, beans, stock and water to pan. Boil over high heat, crushing beans against the bottom of the pan a few times with potato masher. This will help to thicken the soup a little.

2 Add kale and cook, stirring often, for 5 minutes or until tender. Add chicken and cook, stirring, for 1-2 minutes or until heated through. Remove pan from heat and season. Stir in juice.

3 Divide soup between bowls. Sprinkle with feta and a few leaves. Serve with lime wedges and wraps.

COOK'S TIP

Poach or chargrill skinless chicken breast fillet to use in this recipe.

Health Tip

Canned varieties of beans are a super convenient way to boost your intake of healthy legumes. Take care to always choose those labelled as 'no added salt'. If these are not available, remember to rinse the legumes well to help reduce your sodium intake.

NUTRITION INFO **GFO**

PER SERVE 1910kJ,
protein 37g, total fat
19g (sat. fat 6g), carbs
27g, fibre 13g,
sodium 663mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option



NUTRITION INFO **GFO**

PER SERVE 1870kJ,
protein 33g, total fat
14g (sat. fat 6g),
carbs 41g, fibre 9g,
sodium 388mg

- Carb exchanges 2½
- GI estimate medium
- Gluten-free option

THAI RED DUCK WITH STICKY PINEAPPLE RICE

PREP TIME: 20 MINS (+ 20 MINS
MARINATING)

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

2 duck breasts, skin removed
1 Tbsp Thai red or gluten-free
curry paste
Zest and juice 1 lime, plus extra
wedges to serve
150g (¾ cup) jasmine rice
150ml water
125ml (½ cup) light coconut milk
150g (1 cup) frozen peas
50g bean sprouts, trimmed
½ red onion, diced
100g peeled and cored
pineapple, cubed

1 small red chilli, deseeded, finely
chopped
¼ bunch coriander, stalks finely
chopped, leaves roughly chopped

1 Place a duck breast between 2 pieces of plastic wrap on a clean board. Use a rolling pin to bash the duck until it is ½cm thick. Repeat with other breast, then put them both in a dish. Mix the curry paste with the lime zest and juice, and rub all over the duck. Marinate at room temperature for 20 minutes.
2 Meanwhile, put rice in a small saucepan. Pour over the water and coconut milk. Bring to a simmer. Cover with lid and reduce heat to low. Cook, covered, for 5 minutes. Add the peas. Cover and remove

from heat. Set aside for 10 minutes, making sure all liquid is absorbed and the rice is cooked through.

3 Put bean sprouts and red onion in a colander and pour over boiling water. Stir bean sprouts and onion into the rice with the pineapple, chilli and coriander stalks. Cover with lid. Set aside to keep warm.

4 Heat a chargrill pan on medium heat. Add the duck and cook for 1-2 minutes each side or until cooked to your liking. Set aside for 5 minutes to rest. Slice the duck. Stir most of the coriander leaves through the rice and use a fork to fluff up the grains. Serve rice with the duck and sprinkle over the remaining coriander leaves. ➤

makeover



SPICY CHICKEN & AVOCADO WRAPS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

250g skinless chicken breast fillet, trimmed of fat, thinly diagonally sliced
Generous squeeze lime juice
¼ tsp chilli powder
1 clove garlic, chopped
1 tsp olive oil
½ avocado, halved, stone removed
2 (45g each) Woolworths Mixed Grain Wraps or gluten-free wraps
1 drained roasted red capsicum in vinegar, patted dry with paper towel, thinly sliced
¼ cup coriander leaves, chopped

1 Combine the chicken, lime juice, chilli powder and garlic.
2 Heat oil in large non-stick frying pan over a high heat. Add chicken and cook, stirring often, for 3-4 minutes or until chicken is cooked through. Transfer to a plate, cover loosely with foil and set aside.
3 Mash avocado and spread over wraps. Top with pepper strips and chicken. Sprinkle over coriander. Roll up wraps, cut in half and serve.

PORK VINDALOO

PREP TIME: 20 MINS

(+ 8 HOURS MARINATING)

COOK TIME: 55 MINS

SERVES 6 (AS A MAIN)



1kg pork shoulder, trimmed of all visible fat, cut into bite-sized cubes
3 Tbsp olive oil
2 large brown onions, finely chopped
1 tsp chilli powder or Mexican chilli powder (for a milder version)
250ml (1 cup) salt-reduced chicken stock
Handful of coriander leaves
250g basmati rice, cooked, to serve
3 (48g each) small naan, warmed, halved, to serve
1 cup steamed vegetables (such as broccoli, cauliflower and carrot) per person, to serve

Marinade

6 green cardamom pods
½ tsp black peppercorns
125ml (½ cup) red wine vinegar
1 Tbsp finely grated ginger
4 large cloves garlic, finely grated
1 tsp caster sugar
8 small dried chillies
Pinch of ground cloves
2 tsp ground coriander
1 tsp ground cumin
¼ tsp ground turmeric

1 For the marinade, remove the cardamom seeds from the pods and grind with the peppercorns in a pestle and mortar. Mix remaining marinade ingredients in a medium bowl. Add the pork and mix well. Cover and marinate in the fridge overnight or for at least 8 hours.



2 Heat the oil in a large saucepan over medium heat. Add the onions and cook, stirring, for 6-7 minutes or until they start to soften. Add the ground chillies and cook, stirring, for 1 minute.

3 Using a slotted spoon, remove the pork from the marinade and add to the pan. Increase heat to medium-high and cook, stirring, for 2-3 minutes or until the pork changes colour. Add the leftover marinade to the pan with the stock. Increase heat to high and bring to the boil. Reduce heat to medium and simmer for 40-45 minutes or until the pork is tender and the sauce thickens (it should be thick, but not saucy). Remove the dried chillies.

4 Top with coriander leaves and serve with rice, naan and steamed vegetables.

FISH TACOS WITH GREEN JALAPEÑO SALSA & CHILLI CREAM

PREP TIME: 20 MINS

(+ MARINATING & SOAKING)

COOK TIME: 10 MINS

SERVES 4 (AS A MAIN)

500g swordfish steaks or other firm white fish, cut into 3cm cubes
Zest of 2 limes and juice of 1, plus lime wedges to serve (save the other one for the salsa)
1 Tbsp honey
1 Tbsp olive oil

1 tsp each Mexican chilli powder,
ground cumin and caster sugar
8 Mission White Corn Tortillas,
warmed (see Cook's Tips)
 $\frac{2}{3}$ cup finely shredded white
cabbage
3 small radishes, thinly sliced
into rounds
Tabasco sauce, to serve (optional)

Salsa

1 small red onion, finely chopped
Juice of 1 lime
2 small mangoes, flesh finely
chopped
1 green jalapeno chilli, finely
chopped
 $\frac{1}{4}$ tsp ground cumin
Small handful coriander, chopped

Chilli cream

100g extra light sour cream
1 Tbsp (or to taste) Tabasco, or
other hot pepper sauce

1 Combine the fish, lime zest
and juice, honey and olive oil in
a shallow dish. Cover. Set aside for
30 minutes to marinate in fridge.

2 Mix chilli powder, cumin and
sugar in a small bowl. Drain fish
from marinade and thread onto
small metal or wooden skewers

(see Cook's Tips). Sprinkle fish with
spices. Place on a plate, cover and
put in the fridge until ready to eat.

3 To make the salsa, combine red
onion and lime juice in a small
bowl. Set aside for 5 minutes. Add
the remaining salsa ingredients
and mix to combine.

4 To make the chilli cream, whisk
the sour cream and Tabasco sauce
in a small bowl.

5 Preheat a barbecue grill or
chargrill pan on medium. Spray
skewers with cooking spray. Add to
barbecue. Cook for 2-3 minutes
each side, or until cooked through.
Serve fish with the warm tortillas,
cabbage, radishes, chilli cream,
mango salsa and extra Tabasco

sauce, if using. Use reserved lime
wedges to squeeze over tacos.

COOK'S TIPS

- To warm the tortillas, simply
put on the grill and cook for 1-2
minutes until warmed through.
Wrap in foil to keep warm.
- If using bamboo skewers, soak in
cold water for 30 minutes before
using to prevent them burning.

HEALTH TIP

Swordfish is an excellent
source of selenium, which has
antioxidant properties. Each
serving of this dish provides more
than 100% of the Recommended
Dietary Intake for adults. ■

*Create flavour
with fragrant
spices and add
chilli for a kick*



drinks

TOAST TO SUMMER

These fizzy, fruity and refreshing
cocktails and mocktails are perfect for
sipping on a beautifully warm day

GF

**STARFRUIT AND
HONEYDEW SANGRIA** ▶
see recipe, page 60 >>

▲
**COCONUT AND
GRAPE BELLINI**
see recipe, page 60 >>

GF

LC

▲
**POMEGRANATE
AND CITRUS FIZZ**
see recipe, page 60 >>

GF

*Even
better:
all under
15 grams
of carb per
serving*

GF LC
**VIRGIN
STRAWBERRY
MOSCOW MULE**
see recipe, page 60 >>

GF LC
**BLUEBERRY
TOM COLLINS**
see recipe, page 61 >>

▲
**PEACH AND
MANGO CRUSH**
see recipe, page 61 >>

GF

How our
food works
for you
see page 81

drinks

COCONUT AND GRAPE BELLINI

PREP TIME: 15 MINS
(+ 4 HOURS FREEZING)
SERVES 8 (AS AN OCCASIONAL DRINK)

1 cup purple seedless grapes
625ml (2½ cups) coconut water
2 Tbsp coconut flakes, toasted,
finely chopped (see Cook's Tip)
500ml (2 cups) chilled Nexba
Strawberry & Raspberry
Flavoured Sparkling Water
¼ tsp coconut essence
750ml bottle chilled low-joule
sparkling wine

- 1 Line a small baking tray** with baking paper. Thread two or three grapes onto each of eight 10cm skewers. Freeze for 3-4 hours, or until firm.
- 2 Pour 1 Tbsp** of the coconut water onto a small plate and spread toasted coconut onto another small plate. Using eight stemmed glasses, dip the rim of each glass in coconut water, then into coconut to coat.
- 3 Put the sparkling water,** coconut essence and remaining coconut water in a large jug. Pour evenly between prepared glasses. Add sparkling wine and grape skewers to the glasses. Serve.

COOK'S TIP

To toast the coconut, place in a small non-stick frying pan. Cook, stirring often, over medium heat for 2-3 minutes, or until lightly toasted. Set aside to cool.

NUTRITION INFO

PER SERVE 353kJ, protein 1g, total fat 1g (sat. fat 1g), carbs 8g, fibre 1g, sodium 63mg
• Carb exchanges ½
• GI estimate low
• Gluten free • Lower carb



POMEGRANATE AND CITRUS FIZZ

PREP TIME: 10 MINS
SERVES 8 (AS AN OCCASIONAL DRINK)

160ml (⅔ cup) pomegranate vodka
250ml (1 cup) chilled pomegranate juice
125ml (½ cup) fresh orange juice
60ml (¼ cup) fresh lime juice
½ cup pomegranate seeds
1 small navel orange, thinly sliced
1.75L (7 cups) chilled soda water
Crushed ice, to serve

- 1 Put the vodka,** pomegranate juice, orange juice and lime juice in a large jug. Stir in the pomegranate seeds and orange slices.
- 2 Before serving,** slowly pour in the soda water. Stir gently. Serve in glasses over crushed ice.

NUTRITION INFO

PER SERVE 419kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 12g, fibre 3g, sodium 52mg • Carb exchanges 1
• GI estimate low • Gluten free

STARFRUIT AND HONEYDEW SANGRIA

PREP TIME: 15 MINS (+ OVERNIGHT FREEZING AND 4 HOURS CHILLING)
SERVES 8 (AS AN OCCASIONAL DRINK)

3 cups honeydew melon balls
750ml bottle chilled Riesling
500ml (2 cups) chilled unsweetened apple juice
2 medium star fruits (carambola), thinly sliced
1L (4 cups) chilled soda water

- 1 Line a large dish** with waxed paper or baking paper. Place the honeydew balls in the lined dish. Cover with plastic wrap and freeze overnight.
- 2 Put the frozen honeydew balls** in a large jug with the Riesling, apple juice and star fruit.
- 3 To serve,** slowly pour in the soda water. Stir gently. Serve.

NUTRITION INFO

PER SERVE 458kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 13g, fibre 1g, sodium 62mg • Carb exchanges 1
• GI estimate medium • Gluten free

VIRGIN STRAWBERRY MOSCOW MULE

PREP TIME: 20 MINS
SERVES 8 (AS A DRINK)

2 x 250g punnets strawberries, hulled, halved
60ml (¼ cup) fresh lime juice
1.5L (6 cups) chilled diet ginger ale
Crushed ice, to serve
½ cup loosely packed small basil leaves
8 thin slices ginger

1 Put the strawberries, lime juice and 125ml (½ cup) of the ginger ale in a blender or food processor. Cover and process until smooth. Strain, if desired.

2 Transfer the strawberry mixture to a large jug. Slowly pour in the remaining ginger ale. Stir gently.

3 Fill 8 glasses with crushed ice. Divide the basil and ginger between serving glasses. Pour in the strawberry mixture.

COOK'S TIP

To prepare with alcohol, add 2 Tbsp vodka or light rum to each serving.

NUTRITION INFO

PER SERVE 86kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 3g, fibre 2g, sodium 35mg
• Carb exchanges 0 • GI estimate n/a
• Gluten free • Lower carb

PER SERVE (with alcohol) 426kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 3g, fibre 2g, sodium 39mg
• Carb exchanges 0 • GI estimate n/a
• Gluten free • Lower carb

PEACH AND MANGO CRUSH

PREP TIME: 15 MINS

(+ 4 HOURS FREEZING)

SERVES 8 (AS AN OCCASIONAL DRINK)

100g finely chopped mango flesh
750ml (3 cups) chilled Just Juice Orange & Mango
500ml (2 cups) chilled Ocean Spray Light Cranberry
250ml (1 cup) fresh orange juice
250ml (1 cup) chilled mineral water
250ml (1 cup) peach vodka

1 Divide the chopped mango between two ice cube trays and fill with water. Freeze for 4 hours, or until frozen.

2 To serve, combine juices, mineral water and vodka in

a large jug. Serve in glasses over the mango ice cubes.

NUTRITION INFO

PER SERVE 558kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 16g, fibre 1g, sodium 24mg • Carb exchanges 1
• GI estimate low • Gluten free

BLUEBERRY TOM COLLINS

PREP TIME: 15 MINS

SERVES 8 (AS AN OCCASIONAL DRINK)

60ml (¼ cup) fresh lemon juice
2 Tbsp honey
1½ cups blueberries
250ml (1 cup) gin
1.75L (7 cups) chilled soda water
Crushed ice, to serve
8 lemon wedges, to serve

1 Combine the lemon juice, honey and 1 cup of the blueberries in a large glass measuring jug. Use the back of a spoon to gently bruise the blueberries against the side of the jug.

2 Stir the gin into the blueberry mixture. Strain the mixture through a fine-mesh sieve into a large jug. Slowly pour in the soda water. Stir gently.

3 Serve in glasses with crushed ice. Add the remaining blueberries, and lemon wedges, to the glasses.

NUTRITION INFO

PER SERVE 437kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 9g, fibre 1g, sodium 47mg
• Carb exchanges ½ • GI estimate low
• Gluten free • Lower carb



Enjoy responsibly

If your healthcare provider says it's OK for you to drink alcohol, then follow these tips to sip safely:

* DRINK RESPONSIBLY

Drink no more than two standard drinks a day and aim to include at least two alcohol-free days each week.

* KNOW YOUR PORTIONS

One standard drink is considered as 285ml (middy) full-strength beer, 425ml (schooner) light beer, 100ml wine or 30ml (1 nip) spirits.

* CARRY AN ID

Wear a medical alert bracelet or other ID that lets others know you have diabetes.

* BEWARE OF HIGH-ENERGY MIXERS

Pina coladas, Long Islands and margaritas pack in alcohol, sugar and kilojoules. Try low-kilojoule mixers such as soda water and diet drinks instead of juices and soft drinks.

* EAT UP

Eat a meal or snack containing carbs while drinking alcohol. Some people may need some extra carbs before going to sleep to reduce the risk of having a hypo.

* CHECK YOURSELF

Test your blood glucose levels between drinks, after drinking and before bed. Setting an alarm to test in the middle of the night is good, too.

* ACTIVITY

Be mindful of activities that lower your blood glucose levels, such as dancing and walking, and make sure you eat extra carbs when they are required. ■



Side hustle

**Busy weeknights?
Last-minute guests?
These ready-in-
minutes-sides
have you
covered**

GFO LC

SESAME SUGAR SNAPS

A simple glaze for
fresh sugar snaps. Yum!
see recipe, page 65 >>

**How our
food works
for you**
see page 81

NUTRITION INFO

PER SERVE 367kJ,
protein 4g, total fat
4g (sat. fat 1g),
carbs 5g, fibre 4g,
sodium 143mg

- Carb exchanges ½
- GI estimate low
- Gluten-free option
- Lower carb

quick and easy



GF

GRILLED PROSCIUTTO PEACHES

Stuffed with goat's
cheese and honey, these
grilled peaches will leave
you wanting more!
see recipe, page 65 >>

NUTRITION INFO

PER SERVE 670kJ,
protein 9g, total fat
7g (sat. fat 3g),
carbs 14g, fibre 2g,
sodium 364mg
• Carb exchanges 1
• GI estimate low
• Gluten free

GF

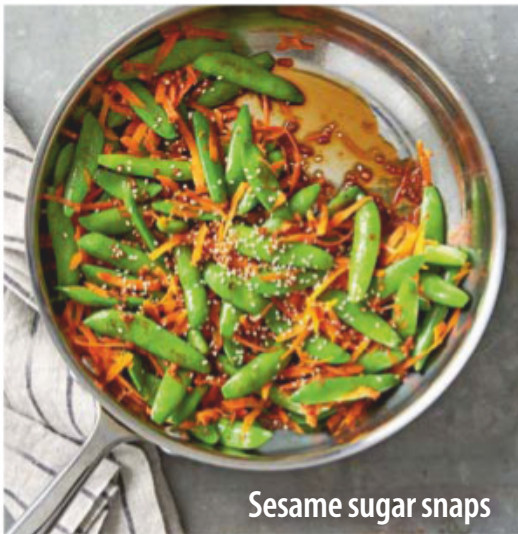
CORN SALAD

The extra sweetness from fresh corn adds an abundance of flavour.
see recipe, opposite >>

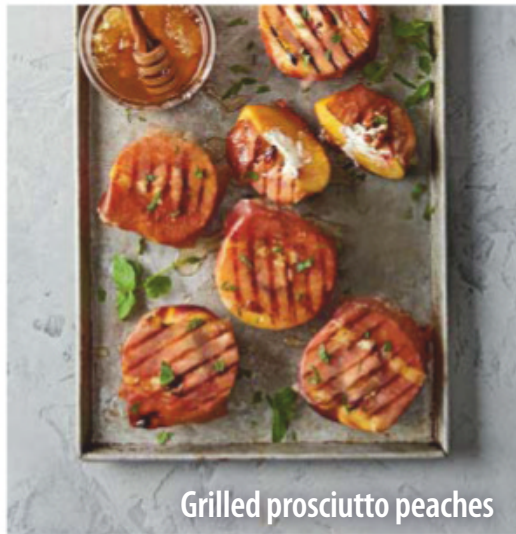
*A light salad is
easy to eat in
warm weather*



NUTRITION INFO
PER SERVE 429kJ,
protein 4g, total fat
2g (sat. fat 0g),
carbs 16g, fibre 4g,
sodium 8mg
• Carb exchanges 1
• GI estimate low
• Gluten free



Sesame sugar snaps



Grilled prosciutto peaches



Corn salad

SESAME SUGAR SNAPS

PREP TIME: 5 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A SIDE)

3 tsp salt-reduced or gluten-free soy sauce
2 cloves garlic, crushed
1 tsp finely grated ginger
3 tsp toasted sesame oil
450g sugar snap peas, trimmed
1 cup shredded carrot
1 tsp sesame seeds, to serve

1 Whisk the soy sauce, garlic, ginger and 1 tsp of the oil in a small bowl. Set aside.

2 Heat a large heavy-based frying pan over medium-high heat. Add the sugar snap peas and remaining oil. Toss to coat. Cook, stirring occasionally, for 3-4 minutes or until the skins start to blister. Add the carrot and cook, stirring, for 1 minute.

3 Drizzle soy dressing over the vegetables in the pan. Cook, stirring, until heated through. Sprinkle with sesame seeds before serving.

GRILLED PROSCIUTTO PEACHES

PREP TIME: 10 MINS
COOK TIME: 10 MINS
SERVES 4 (AS A SIDE)

60g goat's cheese
2 large ripe peaches, halved, stone removed
4 thin slices prosciutto
4 tsp honey
Chopped mint, to serve

1 Preheat a barbecue grill or chargrill pan on medium.

2 Spoon a little of the goat's cheese into the middle of each peach half. Wrap 1 slice of prosciutto around each half, pressing down lightly.

3 Spray the grill with cooking spray. Add the peaches and cook, turning once, for about 6 minutes, or until the prosciutto is browned and crisp.

4 Drizzle peaches with honey and sprinkle with mint to serve.

CORN SALAD

PREP TIME: 10 MINS
COOK TIME: 5 MINS
SERVES 4 (AS A SIDE)

1 tsp olive oil
300g (3 cups) fresh or thawed frozen corn kernels
(see Cook's Tip)
1 small orange capsicum, cut into thin strips
1 small red onion, thinly sliced
Freshly ground black pepper
¼ cup basil leaves, shredded

1 Heat the oil in a large non-stick frying pan over medium heat. Add the corn, capsicum and onion. Cook, stirring often, for 5 minutes or until the capsicum and onion are tender. Season with pepper.

2 Serve the salad warm or chilled. Sprinkle with basil before serving. ■

Cook's Tip

To get the fresh corn kernels, buy whole cobs and remove the husk and silk. Use a sharp knife to cut the kernels off the cob.



Decadent DESSERTS

You'll have
the festive
season
covered with
these classics
with a twist



GFO

TRIPLE LAYER PAVLOVA WITH CHERRY-BERRY SAUCE

Plus, orange mascarpone
cream – yummo!
see recipe, page 73 >>

How our
food works
for you

see page 81

NUTRITION INFO

PER SERVE 823kJ,
protein 4g, total
fat 8g (sat. fat 4g),
carbs 27g, fibre 1g,
sodium 60mg

- Carb exchanges 2
- GI estimate medium
- Gluten-free option

GF

ORANGE SWIRLED CHEESECAKE

Decorate it with your fave
fruit and zest strips.
see recipe, page 74 >>

Cheesecake is always a dairy good idea

NUTRITION INFO

PER SERVE (with sugar)
621kJ, protein 7g, total
fat 6g (sat. fat 4g), carbs
15g, fibre 1g, sodium
134mg • Carb exchanges 1
• GI estimate medium
• Gluten free

PER SERVE (with sugar
substitute) 492kJ,
protein 7g, total fat 6g
(sat. fat 4g), carbs 7g,
fibre 1g, sodium 134mg
• Carb exchanges ½
• GI estimate low
• Gluten free



APRICOT CLAFOUTIS

A fruity delight
ready in just minutes.
see recipe, page 74 >>

NUTRITION INFO

PER SERVE (with sugar)

659kJ, protein 7g,
total fat 6g (sat. fat 2g),
carbs 19g, fibre 2g,
sodium 91mg

- Carb exchanges 1½
- GI estimate medium

PER SERVE (with sugar substitute)

552kJ, protein 7g,
total fat 6g (sat. fat
2g), carbs 12g, fibre
2g, sodium 91mg

- Carb exchanges 1
- GI estimate medium

GFO

LEMON
MERINGUE TARTS

Always a family fave, they're
even better with berries.
see recipe, page 75 >>

NUTRITION INFO

PER SERVE (with sugar) 872kJ,
protein 5g, total fat 7g (sat.
fat 3g), carbs 32g, fibre 2g,
sodium 91mg
• Carb exchanges 2
• GI estimate medium
• Gluten-free option

PER SERVE (with sugar
substitute) 671kJ, protein
5g, total fat 7g (sat. fat 3g),
carbs 19g, fibre 2g,
sodium 91mg
• Carb exchanges 1½
• GI estimate medium
• Gluten-free option

TROPICAL TIRAMISU

PREP TIME: 25 MINS

(+ 8 HOURS CHILLING)

SERVES 12 (AS A DESSERT)

3 Tbsp Cottee's Instant
Pudding Vanilla flavoured
dessert mix

250ml (1 cup) chilled skim milk

2 x 150g tubs vanilla frûche

1 cup light smooth ricotta

½ cup chopped, peeled and
cored pineapple

1 small banana, sliced

1 small kiwifruit, peeled,
quartered, sliced

1 tsp fresh lime juice

250g bought plain sponge,
cut into 12mm-thick slices

¼ cup shredded coconut,
toasted (see Cook's Tip)

Coconut chips, toasted, (optional)

1 Whisk the pudding mix
and milk together in a bowl.
Whisk in the frûche and ricotta.
Combine all the fruit and lime
juice in a separate bowl.

2 Arrange half the cake slices
over the base of a 2L (8 cup)
dish. Spread over half of the
pudding mixture. Sprinkle
the fruit mixture over the
pudding mixture. Arrange
the remaining cake over the
fruit mixture. Spread with the
remaining pudding mixture.
Sprinkle with the shredded
coconut. Cover and put in
the fridge overnight.

3 To serve, sprinkle with the
toasted coconut chips, if desired.

Cook's Tip

To toast coconut, spread
over a baking tray and cook
in an oven preheated to
160°C (fan-forced) for 6-7
minutes, stirring once,
or until light golden
brown.

NUTRITION INFO

PER SERVE 651kJ,
protein 6g, total fat
4g (sat. fat 3g),
carbs 22g, fibre 1g,
sodium 192mg
• Carb exchanges 1½
• GI estimate high

YOGHURT PANNA COTTA WITH POMEGRANATE SAUCE

PREP TIME: 25 MINS
(+ 4 HOURS CHILLING)
SERVES 4 (AS AN OCCASIONAL DESSERT)

4 Tbsp sugar or granulated sugar substitute
1½ tsp powdered gelatine
250ml (1 cup) skim milk
260g (1 cup) Greek-style natural yoghurt
½ tsp almond extract
1 tsp cornflour or gluten-free cornflour
80ml (⅓ cup) pomegranate or cranberry juice
½ cup mandarin segments
2 Tbsp finely chopped dried cherries or cranberries

1 Place four 185ml (¾ cup) ramekins or ovenproof dishes in a large, shallow ovenproof dish. Combine 2 Tbsp of the sugar and the gelatine in a small saucepan. Stir in the milk. Heat over medium heat, stirring, until the gelatine dissolves. Remove the pan from the heat and whisk in the yoghurt and ¼ tsp almond extract. Pour evenly between the ramekins. Place in the fridge for at least 4 hours, or until set.

2 Put remaining sugar and the cornflour in a small saucepan. Stir in the pomegranate juice. Cook, stirring, over medium heat until mixture thickens and comes to a simmer. Remove the pan from the heat. Stir in the mandarin segments, cherries and remaining almond extract. Set aside to cool.

3 To serve, immerse the bottoms of the ramekins in hot water for 10 seconds. Using a knife, loosen the panna cotta from the sides of the dishes. Invert a plate over each and turn out onto plates. Serve with the pomegranate sauce. ➤

NUTRITION INFO **GFO**

PER SERVE (with sugar) 870kJ, protein 7g, total fat 2g (sat. fat 1g), carbs 38g, fibre 1g, sodium 76mg
• Carb exchanges 2½
• GI estimate medium
• Gluten-free option

PER SERVE (with sugar substitute) 635kJ, protein 7g, total fat 2g (sat. fat 1g), carbs 24g, fibre 1g, sodium 78mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option



Show off your skills with a deliciously smooth panna cotta



NUTRITION INFO
PER SERVE 567kJ,
protein 5g, total fat
4g (sat. fat 2g),
carbs 17g, fibre 2g,
sodium 58mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option



GFO

**BERRIES WITH
MARSALA CUSTARD**
A quick and lighter option
for the Christmas table.
see recipe, page 75 >>





Triple layer pavlova with cherry-berry sauce

TRIPLE LAYER PAVLOVA WITH CHERRY-BERRY SAUCE

PREP TIME: 45 MINS (+ 1 HOUR
STANDING + 2 HOURS CHILLING)
COOK TIME: 35 MINS
SERVES 16 (AS AN
OCCASIONAL DESSERT)

4 egg whites (from 60g eggs),
at room temperature
1 tsp vanilla essence
¼ tsp cream of tartar
280g (1¼ cups) caster sugar
40g (¼ cup) slivered almonds,
toasted, finely chopped
2 Tbsp Dutch cocoa powder
60g good-quality dark
chocolate, chopped
2 Tbsp light thickened cream

Orange mascarpone cream

125g mascarpone
½ tsp orange zest
60ml (¼ cup) fresh orange juice
1 cup vanilla frûche
130g (½ cup) light smooth ricotta

Cherry-berry sauce

55g (⅓ cup) frozen unsweetened
pitted cherries, thawed,
juices reserved
3 Tbsp caster sugar
1 Tbsp cornflour or gluten-free
cornflour
185ml (¾ cup) water
35g (⅓ cup) frozen cranberries,
thawed
150g strawberries, chopped

1 Preheat oven to 130°C (fan-forced). Line two very large or three standard baking trays with baking paper. Draw a 20cm circle on one sheet of paper. Draw two 20cm circles on the second piece of paper, leaving about 2½cm between each circle.

2 Using an electric mixer whisk the egg whites, vanilla and cream of tartar until soft peaks form. Slowly add the sugar, 1 Tbsp at a time, beating on high speed for about 5 minutes or until stiff peaks form. Spoon about ⅓ of the meringue onto one of the circles on the baking tray, spreading out evenly to the edges of the circle.

3 Spoon about half the remaining meringue into a bowl. Fold in almonds. Spoon almond meringue onto another circle, spreading evenly to edges. Sift cocoa powder over remaining meringue; fold in thoroughly. (Cocoa meringue will deflate a little.) Spoon onto remaining circle, spreading evenly to edges. Bake meringues at the same time with trays on separate oven racks for 35 minutes. Turn off oven and leave the meringues in the oven for 1 hour to dry out.

4 To make the Orange mascarpone cream, whisk the mascarpone and orange zest until

just combined. Gradually whisk in the orange juice until combined. Fold in the frûche and ricotta.

5 To make Cherry-berry sauce, use scissors to coarsely chop the cherries. Put the sugar and cornflour in a medium saucepan. Stir in the water until well combined. Add the cranberries and undrained cherries. Cook, stirring, over medium heat until the mixture thickens and comes to a simmer. Simmer for 2 minutes. Remove the pan from the heat. Set aside to cool for 10 minutes. Stir in the strawberries. Set aside to cool completely.

6 To serve, carefully lift the meringues off the paper. Place one meringue on a round platter. Spread about ⅓ of the orange mascarpone cream. Top with ⅓ of the cherry-berry sauce. Repeat with another two layers. Cover loosely and place in the fridge for 1-2 hours to chill.

7 Put the chocolate and cream in a small microwave-safe bowl. Place in the microwave and cook on Medium/50% for 1-2 minutes or until the chocolate melts, stirring once or twice. Drizzle the chocolate over the pavlova. Using a serrated-edge knife cut the pavlova in wedges. Serve immediately. ➤

See how it's done

1 Use a 20cm round baking tin as a template when drawing circles on baking paper.

2 The egg white mixture is ready when you pull the beaters out and peaks stand straight up.

3 Turn paper over so pencilled circles show through. Spread meringue mixtures to edges of the circles.

4 Use a large metal spatula to loosen the meringues on all sides and lift them off the paper.





Orange swirled cheesecake

ORANGE SWIRLED CHEESECAKE

PREP TIME: 30 MINS
(+ OVERNIGHT CHILLING)
SERVINGS 12 (AS A DESSERT)

125ml (½ cup) fresh orange juice
1 Tbsp powdered gelatine
80ml (⅓ cup) skim milk
250g light cream cheese, at room temperature
650g (2½ cups) low-fat Greek-style natural yoghurt
110g (½ cup) white sugar or granulated sugar substitute
1 tsp vanilla essence
Orange paste food colouring (see Cook's Tip)
1 tsp orange zest
Fresh raspberries and/or orange zest strips, to serve (optional)

Cook's Tip
If you don't have orange paste food colouring, use 4 drops yellow and 1 drop red liquid food colouring to get an orange colour.

1 Put the orange juice in a small saucepan. Sprinkle over 2½ tsp of the gelatine. Set aside for 5 minutes. Cook, stirring, over low heat until gelatine dissolves. Remove the pan from the heat and set aside for 5 minutes.

2 Put the milk in a separate small saucepan. Sprinkle over the remaining gelatine. Set aside for 5 minutes. Cook, stirring,



Apricot clafoutis

over low heat until the gelatine dissolves. Remove the pan from the heat and set aside for 5 minutes to cool.

3 Using an electric mixer beat the cream cheese on medium until smooth. Add the yoghurt, sugar and vanilla. Beat until smooth. Remove ½ cup of the cream cheese mixture and add it to the milk mixture, whisking until smooth. Gradually beat the orange juice mixture into the remaining cream cheese mixture until smooth. Add enough orange colouring to make a light orange colour.

Stir in the orange zest.

4 Spoon half of orange cream cheese mixture into a 20cm springform tin (base and side lined with baking paper). Spoon half of the white cream cheese mixture into mounds over the orange cream cheese mixture. Using a thin metal spatula or knife, swirl the white mixture into the orange mixture. Repeat layering and swirling the remaining orange and white mixtures. Cover and put in the fridge overnight to set.

5 To serve, remove the side of the tin and base and place on a serving plate. Top with raspberries and orange zest if using.



Lemon meringue tarts

APRICOT CLAFOUTIS

PREP TIME: 20 MINS
(+ 15 MINS STANDING)
COOKING TIME: 25 MINS
SERVES 8 (AS A DESSERT)

1 vanilla bean, split lengthways
250ml (1 cup) evaporated low-fat milk
3 x 60g eggs
55g (⅓ cup) wholemeal plain flour
60g (¼ cup) white sugar or granulated sugar substitute
2 Tbsp margarine, melted
1 tsp vanilla extract
350g ripe yet firm apricots, halved, stone removed, sliced
1 tsp icing sugar

1 Preheat oven to 180°C (fan-forced). Spray the base and side of a 22cm pie plate with cooking spray.

2 Using the tip of a sharp knife, scrape the seeds from the vanilla bean pod. Place the seeds and pod in a small saucepan. Add the milk. Bring to a simmer over medium heat. Remove the pan from the heat. Set aside for 15 minutes. Discard the bean pod.

3 Put eggs, flour, sugar, margarine and vanilla extract in a blender or food processor. Cover and blend or process until combined. Add the milk mixture and blend to combine.



Berries with marsala custard

4 Arrange the sliced apricots over the base of the pie plate. Pour the batter over the apricots. Bake for 25-30 minutes or until puffed and light brown. Set aside for 15 minutes. Dust with the icing sugar. Serve warm.

LEMON MERINGUE TARTS

PREP TIME: 45 MINS (+ 2 HOURS STANDING AND 1 HOUR CHILLING)
COOK TIME: 1 HOUR 30 MINS
SERVES 12 (1 TART EACH, AS AN OCCASIONAL DESSERT)

90g light spreadable cream cheese, at room temperature
150g tub vanilla frûche
45g (¼ cup) icing sugar or gluten-free icing sugar, sifted
1½ cups blackberries

Meringues

3 egg whites (from 60g eggs), at room temperature
¼ tsp cream of tartar
¼ tsp vanilla extract
125g (¾ cup) icing sugar, sifted

Lemon curd

3 x 60g eggs
170g (¾ cup) white sugar or granulated sugar substitute
1 Tbsp lemon zest
80ml (⅓ cup) fresh lemon juice
60g margarine

1 To make the meringues, preheat oven to 90°C (fan-forced). Line 2 large baking trays with baking paper. Draw six 7.5-8cm circles on each sheet of paper, about 5cm apart.

2. Using an electric mixer in a medium bowl, whisk the egg whites, cream of tartar and vanilla on medium speed until soft peaks form. Add the sugar, 1 Tbsp at a time, beating on high until stiff peaks form.

3 Spoon or pipe meringue over circles on paper. Bake for 1½ hours. Turn off oven and leave meringues in oven with door closed for 2 hours. Lift the meringues off the paper and transfer to a wire rack.

4 Meanwhile, to make the lemon curd, whisk the eggs, sugar, lemon zest and juice in a small saucepan. Cook, stirring, over medium heat until the mixture thickens and comes to a simmer. Cook, stirring, for 2 minutes. Remove the pan from the heat. Stir in a little of the margarine at a time, stirring until each piece melts. If you desire, press the lemon curd through a fine mesh sieve. Transfer curd to a small bowl and cover with plastic wrap. Put in the fridge to chill for at least 1 hour.

5 Whisk the cream cheese, frûche and icing sugar until smooth. Cover and put in the fridge to chill until needed.

6. To serve, top meringues with lemon curd, cream cheese mixture and blackberries. Serve immediately.

BERRIES WITH MARSALA CUSTARD

PREP TIME: 20 MINS
(+ 2 HOURS CHILLING)
SERVES 4 (AS A DESSERT)

2 cups mixed berries (such as raspberries, blackberries, blueberries, or halved strawberries, and/or quartered fresh figs)
Mint leaves, to serve (optional)

Marsala custard

2 Tbsp sugar
2 tsp cornflour or gluten-free cornflour
185ml (¾ cup) skim milk
60g egg
60g (¼ cup) light sour cream
2 Tbsp sweet or dry marsala

1 To make the marsala custard, combine the sugar and cornflour in a small saucepan. Stir in the milk. Cook, stirring, over medium heat until the mixture thickens and comes to a simmer. Simmer for 2 minutes. Remove the pan from the heat.

2 Whisk the egg in a medium bowl. Gradually stir about half of the hot milk mixture into the beaten egg. Return the egg mixture to the remaining milk mixture in the pan. Cook, stirring, until the mixture almost comes to a simmer. Pour into a bowl and whisk in the sour cream and marsala. Cover the surface of the custard with plastic wrap. Place in the fridge for at least 2 hours, or up to 24 hours.

3 To serve, spoon the berries between serving dishes. Spoon the custard over the berries. Top with mint leaves, if desired. Serve immediately. ■





Pack in all the goodness of leafy greens, vegies and fruit, and benefit from all their natural fibre and nutrients, in just one glass

* FIBRE BOOST

These juices give you many benefits of consuming whole fruit and veg, and maintain valuable fibre that can be lost in a straight glass of juice.

* CHOOSE YOUR COLOUR

- **Green juices** are a great source of minerals (especially bone-builders: calcium, magnesium and phosphorus).
- **Orange juices** are vital for the immune system, packing in vitamin C and beta-carotene.
- **Red/purple juices** are packed with heart-friendly plant compounds – likely to be rich in folate and potassium.

* HOW MANY PORTIONS?

Juices count as a maximum of 2 of your daily target (regardless

of how much you drink), as long as you include:

- **At least 80g** of one whole fruit or veg and at least 150ml of a different variety of 100% fruit or veg juice.
- **Or, at least 80g** of each of two different whole fruits or vegetables.

* BOOST THE BENEFITS

- **Drink within 2 hours** of blending, so the nutrients are at their peak.
- **Morning is the best time**, as your body absorbs liquid more easily after sleep.
- **Use fresh fruit and veg** (or frozen out of season). Scrub clean – the peel and rind are rich in vitamins and fibre (remove citrus rind and pips, though, as they can be bitter).

- **By using a blender** to prepare your drinks, rather than a juicer, you will retain more of the healthy vegetable fibres.

* ADD EXTRA OOMPH!

- **Fill up on fibre.** Add 1 Tbsp of ground linseeds or oatmeal.
- **For more omega-3 fatty acids**, add chia seeds, hemp seeds or an omega-rich oil such as Udo's Choice.
- **Max the minerals.** Add spirulina powder for more iron or pumpkin seeds for zinc.
- **Pack in protein.** Add whey powder, hemp protein powder or ground nuts. Also blend in yoghurt, milk or cottage cheese.
- **Add vitamins.** Avocado is rich in vitamin E – a great cell protector.



THE HEART HELPER

PREP TIME: 5 MINS
SERVES 2 (AS A DRINK/SNACK)

- 2 small raw beetroot
- 1 small apple, unpeeled,
core removed
- 50g blueberries
- 1 Tbsp grated ginger
- 300ml water

HEALTH TIP
Research has found beetroot juice can help lower blood pressure in those with hypertension.

NUTRITION INFO **GF**
PER SERVE 360kJ, protein 2g, total fat 0g (sat. fat 0g), carbs 17g, fibre 4g, sodium 38mg • Carb exchanges 1 • GI estimate low • Gluten free



THE HEART HELPER
see recipe, above >>

THE BONE BUILDER

PREP TIME: 5 MINS
SERVES 2 (AS A DRINK/SNACK)

- ½ small avocado
- Generous handful spinach
- Generous handful kale
- 50g peeled and cored
pineapple chunks
- 10cm piece Lebanese cucumber
- 300ml coconut water

HEALTH TIP
This juice provides over 10% of your daily requirements for both magnesium and calcium which are essential for bone strength.

NUTRITION INFO **GF**
PER SERVE 471kJ, protein 2g, total fat 6g (sat. fat 1g), carbs 12g, fibre 3g, sodium 47mg • Carb exchanges 1 • GI estimate low • Gluten free



THE BONE BUILDER
see recipe, above >>



THE VITAMIN BOOSTER

PREP TIME: 5 MINS
SERVES 2 (AS A DRINK/SNACK)

- 1 orange, peeled
- 1 large carrot, unpeeled, scrubbed
- 2 sticks celery
- 50g mango flesh
- 200ml water

HEALTH TIP
This powerful blend will boost your vitamin A intake, which is important in maintaining normal reproduction, vision and immune function. ■

NUTRITION INFO **GF**
PER SERVE 347kJ, protein 2g, total fat 0g (sat. fat 0g), carbs 15g, fibre 6g, sodium 77mg • Carb exchanges 1 • GI estimate low • Gluten free



THE VITAMIN BOOSTER
see recipe, above >>

How our
food works
for you
see page 81

Have your cake & EAT IT, TOO!



Overripe bananas and simple recipe swaps are all you need for better-for-you baking

▶▶ Baking doesn't have to be bad for you, and healthy baking doesn't have to taste, or look, terrible. Next time you're in the kitchen, see if you can create something delicious and nutritious.

Often, when you use healthier alternatives in recipes, the flavour or texture may differ. Keep an open mind, though, as your tastebuds soon get used to the change, and it is worth it when you reap the benefits!

Just by making a few simple tweaks, you can make better-for-you bakes. Here are four tips to get you on your way:

● **Start by using unsaturated oils** such as sunflower and olive oils instead of saturated fats

such as butter and coconut. Not only does this lower the amount of saturated fat in your bake, it also gives you a lighter, moister texture. If you choose a baking spread to replace butter, which allows you to simply swap butter for spread, check labels for trans fats. These hydrogenated fats should be avoided where possible.

● **Opt for wholemeal flour instead of white.** While this may give a denser texture, the health benefits will be far greater. Wholemeal flour will increase the fibre content and make your cake feel more filling. It also provides a lovely, slightly nutty, flavour.

● **Think fruit and veg have no place in a cake?** Think again. They can add fibre and

sweetness. Plus, fruit is a great way to keep your baking moist. Sweet vegetables such as carrots and beetroot, or fruit such as apples and berries, can also mean you don't need to add as much sugar. Try this healthy banana bread recipe (below) next time you're in the kitchen.

● **To finish your cake off,** some thinly sliced fruit or a light sprinkle of icing sugar can give the final touch – simply cut out some stencils from greaseproof paper for a more professional finish. Knowing that you've produced a healthier version of a teatime treat will be the icing on the cake.

HEALTHY BANANA BREAD

PREP TIME: 20 MINS

COOK TIME: 1 HOUR 10 MINS

SERVES 14 (AS A SNACK)

160g (1 cup) wholemeal plain flour
100g ($\frac{2}{3}$ cup) self-raising flour
1 tsp bicarbonate of soda
1 tsp baking powder
300g mashed banana, from overripe black bananas (see tip, opposite)

4 Tbsp agave syrup
3 x 60g eggs, whisked
140g ($\frac{2}{3}$ cup) low-fat natural yoghurt
25g chopped pecans or walnuts
 $\frac{1}{2}$ tsp light margarine, per slice, to serve (optional)

1 Preheat oven to 140°C (fan-forced). Spray a 21 x 10 x 7cm deep loaf tin with cooking spray. Line with baking paper, allowing the paper to overhang the sides.

2 Combine flours, bicarbonate of soda and baking powder in a large bowl. Mix the banana, syrup, eggs and yoghurt in a medium bowl.

3 Add banana mix to dry mix. Mix until combined. Spoon in tin and smooth surface. Sprinkle with nuts. Bake for 1 hour 10 minutes or until skewer inserted in middle comes out clean. Set aside for 15 minutes, then turn out onto wire rack. Serve warm or at room temperature, with margarine, if desired. ■

snack

HOW IT'S HEALTHIER

- Swapping butter for low-fat yoghurt.
- Using agave syrup, which has a lower glycaemic index than sugar, so will keep you full for longer.
- The real secret is the bananas – the blacker and mushier, the better the end result. A banana a day past its best won't add enough flavour and moistness, and you'll miss the fat.

Cook's Tip

Wait until your bananas are black, then freeze them for a baking day.

How our food works for you

see page 81

NUTRITION INFO

PER SERVE 580kJ,
protein 5g, total
fat 3g (sat. fat 0g),
carbs 22g, fibre 2g,
sodium 189mg

- Carb exchanges 1½
- GI estimate medium

Lentils

Fast-cooking, fibre-rich lentils lend their nutrition superpowers to this classic Indian dish



PULSE POWER

Lentils, also known as pulses, are a smart and filling choice for people with diabetes. **Just ½ cup of cooked lentils contains 10 grams of protein and 5 grams of fibre.**

Unlike other dried legumes, lentils don't need to soak. Simply cook them in a pot of boiling water for 10-25 minutes (best to follow packet instructions). We suggest prepping a big batch at once and adding them to stews, salads, grain bowls and veggie burgers for simple, veg-powered meals.

Don't be leery of lentils for fear of gut distress, either. Lentils are less sulfurous than beans, which means less gas and bloating.

LENTIL VEGETABLE DHAL WITH CHICKEN

Bring 500ml (2 cups) water to boil in large saucepan. Stir in 200g (1 cup) **split red lentils**, rinsed and drained. Return to boil. Reduce heat and simmer for 10-15 minutes or until lentils are tender, stirring in 125ml (½ cup) extra water, if mixture is too thick. Meanwhile, heat 1 Tbsp **olive oil** in a medium non-stick frying pan over medium-high heat. Add 1 chopped small **brown onion**, 1 Tbsp **curry powder** or gluten-free curry powder, and 1 crushed clove **garlic**. Cook, stirring occasionally, for 3 minutes. Add in 1 chopped **red capsicum** and cook for a further 3 minutes. Add onion mixture and 100g **baby spinach** leaves to lentils. Stir until spinach wilts. Divide dhal between serving bowls. Top each with 125g sliced cooked skinless **chicken breast fillet**. Serves 4 (as a main). ■

NUTRITION INFO **GFO**
PER SERVE 1870kJ, protein 50g, total fat 12g (sat. fat 2g), carbs 28g, fibre 10g, sodium 72mg • Carb exchanges 2
 • GI estimate low • Gluten-free option

How our food works for you
 see page 81

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.



RASPBERRY CLAFOUTIS
see recipe, page 49 >>

NUTRITION INFO
PER SERVE 635kJ, protein 6g, total fat 5g (sat. fat 1g), carbs 18g, fibre 4g, sodium 71mg • Carb exchanges 1
• GI estimate medium

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	Kilojoules 6000kJ
Protein 80g	Protein 65g
Total fat 70g	Total fat 45g
Saturated fat 24g	Saturated fat 15g
Carbs 270g	Carbs 180g
Fibre 30g	Fibre 30g
Sodium Less than 2000mg	Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.

PHOTOGRAPHY IMMEDIATE MEDIA



COMPLETELY

You can still get that satisfying crunch with a lower carb load

crackers

► Savoury biscuits can be used with a variety of toppings, however, they are often the culprit of unwanted salt and high glycaemic carbs, which are not great for your health and make your blood glucose levels more difficult to manage. When choosing

your biscuit base, opt for a selection that is:

- High in fibre – with at least 3g fibre per 100g. But, don't be surprised if fibre content is not listed on many biscuit products;
- Lower in salt (sodium) – aim for less than 400mg sodium per 100g; and
- Lower in total and saturated fat – look for less than 10g total fat per 100g,

with less than one third of that being saturated fat.

If you're looking for a healthier option to go with dips and platters, try mixing in a variety of vegetable sticks – carrot, celery, capsicum, cucumber, asparagus spears or even broccoli/cauliflower florets. Not only do these make perfect dippers, they also add a beautiful array of colour to any party platter! ■

Health Tip
When possible choose a wholegrain cracker that will give you more fibre and nutrients, and get you closer to your recommended target of 48g of wholegrains a day.



product review

REAL FOODS

- Corn Thins – Original, Sesame & Multigrain
- Corn Thins, Soy & Linseed
- Wholegrain Thins, Sorghum

All available in Woolworths, and selected Coles and IGA stores, RRP \$2.



RYVITA

- Rye Crispbread – Original and Multigrain

Both available in Coles, Woolworths and IGA stores, RRP \$2.99.



PECKISH

- Brown Rice, No Added Salt
- Brown Rice, Lightly Salted

Both available in Coles, Woolworths and selected independents, RRP \$2.50.

SUNRICE

- Original Thin Rice Cakes
- Rice & Quinoa Thin Rice Cakes

Both available in Coles, Woolworths and selected independents, RRP from \$2.



ARNOTT'S

- Vita-Weat 9 Grain Crispbread

Available in selected Coles, Woolworths and independents, RRP \$3.50.

- Vita-Weat Cracked Pepper Crispbread

Available in selected independents, RRP \$3.50.



SAKATA

- Wholegrain

Available in Woolworths, Coles and selected independents, RRP \$2.49.



PURE HARVEST

- Natural Rice Cakes
- Thin Quinoa Rice Cakes
- Corn Cake Thins

All available in selected Coles, Woolworths, independent stores and health food stores, RRP from \$1.55.



Healthy summer

Tuck into warm-weather fruits and veg with these helpful tips and refreshing snacks, all from our food editor *Alison Roberts*

KITCHEN TIP

WASH, DON'T PEEL

Washing fresh produce is an essential step in cooking any meal. By washing all of your fruit and vegetables (even those that are pre-packaged or peeled) under clean, running tap water and drying with a clean cloth or paper towel, you may help reduce the risk of food-borne infections, by removing soil residue and reducing bacteria levels.

The peel of most fruit and vegetables is edible and carries a wealth of nutrients and fibre! So, when possible, aim to keep the peel intact. However,

there are exceptions, as some peels are far too hard, spiky or coarse to eat – for example, always remove the peel from pineapple, rockmelon, banana and watermelon.



Smooth tech

Vegetable and fruit-based smoothies and juices can be a great way to boost your nutrient intake and help you reach your target of 5 serves of vegetables and 2 serves of fruit each day. But take care not to squeeze in too many extra kilojoules and carbs.

The new tech-savvy NutriBullet Balance comes with a free app that helps eliminate all the guesswork. The NutriBullet Balance now has the ability to weigh your ingredients and compile the nutrition information for you, helping you count your carbs and manage your BGLs! Available from Harvey Norman, JB Hi-Fi, The Good Guys and Myer, \$279.



When one has tasted watermelon, he knows what the angels eat.

– Mark Twain

Great start!

Sugar free, gluten free, and the perfect source of protein and fibre to start your day! Healthy living is made easy with a bowl of Orgran's Acai & Coconut flavoured cereal. Available from IGA and independent health food stores nationally, \$6.99.



SUPERMARKET CRUSH

Time for tea

Twinnings has recently launched a range of cold water infusions, perfect to add straight to your water bottle for on-the-go hydration! And there's no artificial flavours or colours – just natural fruit flavours, spices and botanicals. They are available in five options: passionfruit, mango and blood orange (my favourite!) to watermelon, strawberry and mint; blueberry, apple and blackcurrant; lemon, orange and ginger; and rose lemonade. Available in the tea aisle of Coles, Woolworths and independent stores nationally, jars (12 infusers) \$5.50, and trial packs (3 infusers) \$2.



BREKKIE

Top 40g (1 cup) **Special K High Fibre Advantage** with 3 Tbsp **low-fat Greek-style natural yoghurt**, 1 small **green apple**, unpeeled and coarsely grated, pinch **ground cinnamon**, a drizzle of **manuka** or other **strongly flavoured honey** and 1 tsp **pumpkin seeds**. Serves 1.

PER SERVE 1300kJ, protein 11g, total fat 4g (sat. fat 1g), carbs 52g, fibre 11g, sodium 197mg
• Carb exchanges 3½
• GI estimate low

QUICK FRUITY SNACKS

COFFEE BERRY SHAKE

Blend ¾ cup **frozen berries**, 1 small **banana**, 80ml (⅓ cup) cooled **espresso coffee**, 80ml (⅓ cup) **skim milk** and 70g (⅓ cup) **Five:am Coffee Bean yoghurt** until smooth. Serves 2.

PER SERVE 430kJ, protein 4g, **GF** total fat 2g (sat. fat 1g), carbs 16g, fibre 2g, sodium 45mg
• Carb exchanges 1
• GI estimate low
• Gluten free



RYVITAS WITH COTTAGE CHEESE & PEACH

Spread 2 **Ryvitas** with 3 Tbsp **low-fat cottage cheese**. Top with 1 small sliced ripe **peach**, a few **mint leaves** and a sprinkle of freshly ground **black pepper**. Drizzle over a little fresh **lime juice** and serve. Serves 2.

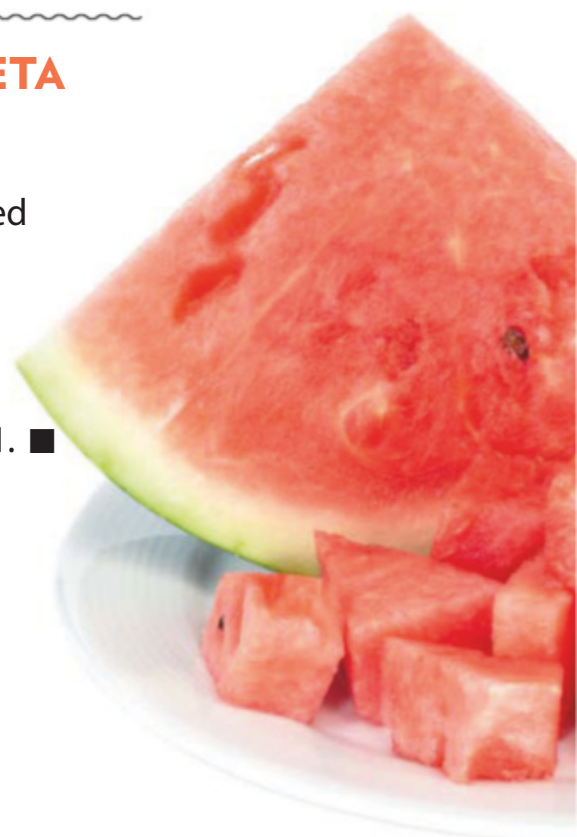
PER SERVE 405kJ, protein 5g, total fat 1g (sat. fat 0g), carbs 13g, fibre 4g, sodium 84mg
• Carb exchanges 1
• GI estimate low



WATERMELON, FETA AND MINT SALAD

Toss 1½ cups of diced **watermelon**, 20g of diced or crumbled reduced-fat **feta** and a few small **basil leaves** in a bowl for a quick and refreshing snack. Serves 1. ■

PER SERVE 442kJ, **GF** protein 6g, total fat 3g (sat. fat 2g), carbs 12g, fibre 1g, sodium 223mg
• Carb exchanges 1
• GI estimate high
• Gluten free



Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day			
Breakfast	There is nothing more appealing than fresh homemade bread. Check out our Seeded wholemeal loaf and No-knead loaf on pages 38-39. Serve 2 slices toasted or fresh, along with one of following delicious toppings: ● 2 boiled or poached eggs and a handful of baby spinach leaves ● Diced tomato and 20g crumbled reduced-fat feta			
Optional snack	Instant berry banana freeze (page 40)	Cinnamon cashew spread with apple slices (page 42)	6 slices tinned peaches with 100g Ski D'Lite yoghurt	1 cup fruit salad
Lunch	Potato salad with anchovy & quail eggs (page 36)	Curried chicken and mango sandwich (page 32)	Bombay lamb wraps (page 33) 	Ploughman's lunch with chilli jam (page 35)
Optional snack	Spicy roast chickpeas (page 42)	1 piece fresh fruit	20g unsalted nuts	Spicy roast chickpeas (page 42)
Dinner	Grilled salmon salad with raspberry vinaigrette (page 46) <i>Pictured above</i>	Loaded beef nachos (page 25) <i>Pictured above</i>	Caramelised onion tartlet with salad (page 25) <i>Pictured above</i>	Pearl couscous, mushroom and lentil salad with chargrilled lamb (page 26) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	1 cup fruit salad	175g tub Yoplait Formé yoghurt	Berries with marsala custard (page 75)	1 cup skim milk mixed with 1 tsp Milo
Exercise	 Aim for 20-60 minutes of moderate exercise each day.			

it's easy!



Road tripping

Going on a road trip or travelling this summer? Be prepared for a lengthy journey by packing some healthy snacks to avoid relying on fast-food options. Below are our top 3 rules of travel snacks to help guide your choices:

1 Water! Never leave for a trip without a few bottles of water to keep you hydrated along the way.

2 Always pack carbs – choose low glycaemic index (GI) carbs to ensure prolonged energy and reduce the risk of hypos (e.g. wholegrain breads/wraps and fresh fruit). If you are on hypo-inducing medication or insulin, it is also important to always have quick-acting carbs on hand in case of a hypo, for example, jelly beans, glucose tablets or regular soft drink.

3 Pack some 'free' foods – although we don't encourage you to eat when you're not hungry, we do recognise that some people often snack on foods while travelling, to fill in time. If you're one of these people, aim to have foods on hand that are low in carbs (so they don't affect your BGLs) and low in kilojoules (so they don't affect your waistline), but still high in nutrients (let's face it, we all need more of those!). Carrot, cucumber or celery sticks, strawberries and blueberries all make great foods to pick at on your journey! ■



THURSDAY



FRIDAY



SATURDAY



depending on your exercise levels

- ½ small avocado mashed with a handful of coriander and a squeeze of lime juice
- ⅔ cup warm reduced-salt baked beans
- ½ cup reduced-fat ricotta and a small banana, sliced
- 1 cup sautéed mushrooms and asparagus

Cinnamon cashew spread with apple slices (page 42)

160g tub YoPro

Small skim latte and 2 fresh dates

Asian-style pulled chicken salad (page 34)



Bean and barley soup (page 35)

Lebanese chicken wraps (page 36)

20g unsalted nuts

1 piece fresh fruit

2 Vita-Weats and 40g reduced-fat cheddar

Fish with ratatouille (page 26)
Pictured above

Steak with red cabbage and raisin slaw (page 24)
Pictured above

Fish tacos with raspberry and pineapple salsa (page 49)
Pictured above

have a couple of alcohol-free days a week

6 slices tinned peaches with ½ cup low-fat custard

Raspberry clafoutis (page 49)



1 cup grapes

Always discuss your exercise plans with your doctor first

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

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living well

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*You must go on
adventures to
find out where
you truly belong*

– Sue Fitzmaurice, author

PHOTOGRAPHY GETTY IMAGES

DIABETES
*summer
holiday*

SURVIVAL GUIDE



Silly season can be a silent nightmare if you're weight-watching, or have diabetes

▶▶ One last snag on the barbie? Can't get your eyes off the pudding? Christmas weight gain is no myth, with the average person gaining 0.48kg at Christmas, according to *The New England Journal of Medicine*.

While this isn't significant in the short term, the bad news is that this weight isn't lost in the following 11 months – and Christmas remains a significant contributor to later-life obesity, the authors concluded. "Christmas is a danger period for weight gain as most of our festive activities revolve around food, parties, celebratory drinks and edible presents," agrees Dr John Jorgensen, the Director of Bariatric Surgical services at St George Private Hospital.

"So, allowing yourself to eat endlessly from the beginning of December to the middle of January, and then vowing to take it off 'come the New Year', is actually much harder than people realise."

He says this is because the body tends to recognise its weight "set point" as the highest it has been.

One recent study in the *Obesity Research Journal* identified that 13 of 14 contestants on reality TV show *The Biggest Loser* regained most of their pre-show weight (some even more) a few years on, with the authors concluding "the metabolic adaptation persists over time".

"Many other studies confirm this finding," says Dr Jorgensen.

"The brain is programmed to have a very good survival instinct, so when we diet, the brain will sabotage all our efforts to lose weight and revert to its highest set point. In fact, once you reach ... severe obesity, the success rate of diets and exercise is documented in the best medical studies to be about 2-4 per cent."

He says when there is a severe weight issue and concurrent

diabetes, problems are further compounded. That is why the World Health Organization and dozens of other medical bodies have noted bariatric surgery as the new paradigm of treatment for obese people with diabetes. "This is because unlike diet, the surgery is 'metabolic'. It doesn't just shrink the stomach, it changes

the brain's hunger drivers," says Dr Jorgensen.

What about for people who are not severely overweight or just want to lose 5-10kg? "For people who are only slightly overweight, the brain's hunger drivers are not as aggressive as someone who is carrying an extra 40, 60 or 80kg," he says. "Certainly, diet and exercise will work to shed those stubborn last 5kg. However, once these people stop eating healthily, they will put weight on again."

"The best bet is just to avoid weight gain in the first place, and this goes double for younger people, because being heavy at a younger age sets you on a heavy trajectory for life." ➤



The best bet is just to avoid weight gain in the first place



Top Christmas Eating Hacks

Follow these tips from accredited practising dietitian Geraldine Georgeou, from EllaWell Diabetes Prevention Management, to navigate Christmas pitfalls:

*** Stop giving yourself permission** to overeat "for the next five weeks".

*** Instead, make healthy choices** throughout the Christmas break and leave Christmas and New Year as treat days when you can enjoy that pavlova or cheesecake.

*** Choose salads** (including a tasty green leafy Greek salad with a small amount of feta, baked sweet potato and quinoa), rather than filling up on white bread or pasta or potato salads.

*** Choose lemon or vinaigrette** dressings with small amounts of extra virgin olive oil, rather than creamy mayonnaise dressings for your salads.

*** Eat fresh fruit** as dessert options rather than cakes and biscuits.

*** However,** opt for mostly low-GI fruits (apples, oranges, strawberries, blueberries, peaches, plums) as opposed to higher-GI fruits (ripe bananas, rockmelon, pineapple, watermelon).

*** Eat a small amount** of roasted unsalted nuts rather than potato chips.

*** Choose turkey breast** instead of salami.

*** Choose fresh peeled prawns** and grilled seafood instead of sausages or cured meats.



*** Exercise regularly** during the holidays – but don't overcompensate for exercise by eating more. Weight loss is still 80 per cent eating and 20 per cent exercise.

*** Most importantly,** use small plates to help portion control, use a hand-written food diary or app, or photograph your meals on your phone so you can be accountable to yourself.

*** Weigh yourself** at least weekly with the aim to maintain a healthy and stable weight throughout the festive season.





Still struggling to calculate your BMI?
Book a Heart Health Check at TerryWhite Chemmart, which includes calculating your BMI and providing advice specific to you.

Fast Away!

If you know lunch is big, consider skipping breakfast or dinner that night. “There’s nothing wrong with intermittent fasting once or twice a week,” says Dr Jorgensen. “I tend to skip lunch twice a week and, by doing this, I know my body is not being constantly exposed to an onslaught of insulin 24/7. Our ancestors used to hunt, eat and live off their kill for days, and this whole grazing all day, every day, six, 10 or 20 times a day, is not the path overweight Australians should be taking. Our grandparents only had three meals a day – and they were rarely overweight.”

need to know

WHAT IS YOUR BMI

When to diet: “Diet, exercise and eight hours’ sleep a night are recommended as the best ways to trim down for people with a BMI of 25-30,” says Dr Jorgensen.

When to consider surgery: “Bariatric surgery should be considered for people when the BMI is over 35, or if you have diabetes AND your BMI is more than 30.”

TO CALCULATE YOUR BMI

1. Divide your weight in kilograms (kg) by your height in metres (m)
2. Then divide the answer by your height again to get your BMI. For instance, if you are 85kg and 1.64m, your BMI is: $85 \div 1.64 = 51$; THEN $51 \div 1.64 = \text{BMI of } 31.6$ (obese)

MANAGING CHRISTMAS WITH DIABETES

“If you are taking insulin or certain diabetes tablets, you may be at greater risk of an alcohol-related hypoglycaemia (hypo) at periods of high festivity,” says Dr Jorgensen.

Hypos can occur while drinking alcohol and for many hours afterwards. An added factor is alcohol can reduce the ability to detect a hypo and may cause them to be more difficult to treat. For women with diabetes, one alcoholic drink a day is a recommended maximum, while for men it’s two.

“It’s important to ensure all scripts are up to date, protective footwear is worn (to cut the risk of foot injury) and that you have an updated sick day management plan established with your treating health team before the Christmas break in case of emergency,” says

Dr Jorgensen. ■



SAVE YOUR *vision*

PART 2

Save your vision from diabetic retinopathy, cataracts and glaucoma – the three eye complications that make up diabetic eye disease – with more eye-protecting tips

▶▶ Whether a change in vision was the first sign of diabetes for you, or blurred vision is a possible complication of your diabetes, it is important to consider the health of your eyes.

* **Lower your cholesterol**

Lowering your cholesterol will not only improve your overall heart health, it will also improve your eye health.

Deposits of cholesterol, called plaque, can form inside the arteries throughout the body. “This build-up can reduce the blood flow to any given area of the body, including your eyes,” says optometrist Robert Layman. “This can compromise the nutrition and oxygen supply your eyes need.”

Having high cholesterol by itself won’t cause noticeable complications in your eyes, but in combination with having diabetes it can help eye problems progress more rapidly, says ophthalmologist Peter Kaiser. “Controlling your lipids, along with controlling your blood glucose levels, will prevent further damage down the road.”

* **Quit smoking**

Smoking causes damage throughout your entire body, including your eyes. When you inhale cigarette smoke, the toxic chemicals absorbed into your bloodstream deplete the antioxidant reserve that protects your body from free radicals, which may cause macula damage, says Kaiser.

The macula is a specialised part of the retina that creates your central vision and lets you see fine detail such as the letters on a computer screen. When the macula is damaged,

it leads to the development of macular degeneration, a chronic eye disorder that deteriorates the eye tissue responsible for central vision.

Smoking may also cause damage to the lens of your eye. The lenses inside your eyes are elastic, but smoking prematurely ages them, making them rigid and discoloured. “This can cloud or blur your sight and may obstruct the path of vision,” says Layman. “It may also hasten the need for reading glasses in middle age.”

* Find the perfect pair of spectacles

For the safety of your eyes, you need to ensure you select the perfect pair of glasses and/or sunglasses. As far as which colour lens to choose, Kaiser says the colour doesn’t matter as long as it has the UV protection.

You can even purchase eyeglasses with no colour that can have a UV protective lining.

“In fact, cheap lenses that are dark and have no UV protection can often be more dangerous,” he says. “The dark sunglasses make your pupils larger, allowing more UV rays to enter than if you were not wearing the sunglasses.

* What to do when your eyesight fades

If you are already experiencing some problems with your vision, your doctor may recommend treatments such as laser eye surgery or cataract surgery.

Laser eye surgery is recommended for those who have diabetic retinopathy, macular edema or retinal swelling, and proliferative diabetic retinopathy where the growth of new blood vessels can cause bleeding.

Meanwhile, cataract surgery involves removing the natural lens in the eye when it becomes clouded and replacing it with an artificial lens. It is the main treatment for cataracts.

When a person with diabetes has cataracts and diabetic retinopathy, the retinopathy needs to be treated more aggressively before cataract surgery can be considered. If macular edema is present before cataract surgery, visual results may be worse than expected.

It is important to discuss all available options with your doctor and ophthalmologist before deciding which is the best form of treatment for you. ■



Step away from the screen

Though no studies have found that staring at your computer screen damages your vision, you can still feel the effects of Computer Vision Syndrome (CVS). Specsavers reported this problem is believed to affect somewhere between 64-90 per cent of office workers. Symptoms, including tired and strained eyes, headaches, dry eyes and/or blurry vision are all experienced during, or related to, computer use. To reduce CVS, check your posture and the position of your computer monitor, take regular breaks from the screen and remember to blink regularly!

LOWER YOUR BLOOD PRESSURE

Hypertension can cause damage to the small blood vessels in the retina. High blood pressure in combination with diabetes taxes the blood vessels throughout your body and, over time, can cause them to harden, narrow and even burst.

Normal blood pressure:
below 120/80 mmHg

Prehypertension: above 120/80 mmHg but below 139/89 mmHg

Hypertension:
Stage 1: between 140/90 mmHg and 159/99 mmHg
Stage 2: 160/100 mmHg or higher





5 TIPS TO A *positive* NEW YEAR

**Follow these smart steps to
make your annual resolutions
stick once and for all**

1 *Be positive*

Resolutions often fail when they're negative – for example, “don't eat dessert” or “stop smoking”. Negative resolutions require you to be constantly vigilant. That's mentally tough. “The brain can't form habits around actions you don't do,” says Art Markman, professor of psychology at the University of Texas and author of *Smart Change* (TarcherPerigee, 2015). It's far easier to make active goals. Turn resolutions such as “I won't be a couch potato” into a more positive “I'll hit yoga class twice a week.” Or instead of “I'll quit eating dessert,” try “I'll eat an amazing dessert only on Saturdays.”

2

Focus on lifestyle

Don't make resolutions based on a single outcome, such as losing a certain amount of weight or achieving better numbers. You can't entirely control those things, so you might get frustrated. And even if you do meet your goal, it's tempting to return to old behaviours. Instead, channel your energy into long-term lifestyle changes. If you want to lose weight, brainstorm ways to add movement to your day, or pledge to log meals in an app. That way good outcomes are a side effect of lasting lifestyle changes.

3 *Make over your environment*

Structure your life so new behaviours are easy. If you want to cut down on junk food, keep it out of the house. “The harder it is to do the wrong thing, the less often you'll do it,” says Markman.

4 *Find your tribe*

Goals are contagious. Hang out with people who have the habits you want. They'll rub off on you.

5 *Expect setbacks*

Learn from missteps, but don't let them get you off-track. “Eventually you'll have more days when you do the right versus the wrong thing,” says Markman. ■

6%

of people had broken their New Year's resolutions by January 11 in 2017.
– 2017 Aramark survey

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SECRETS OF A BUSY COOK

Getting healthy meals on the table is all about prepping and planning – and taking a few shortcuts. We'll help you master those busy days with these tips

meal prep

▶▶ We all know the drill: making more of your meals at home puts you in charge of the ingredients that go in and helps you save money by eating out less. But how do you make time for the kitchen when your days are already full? These strategies can shave time off your food prep – no Margaret Fulton skills required.

FIND A FEW GO-TO RECIPES

Home cooking needn't be elaborate. Focus on a handful of recipes you can rotate for most of your meals. "Start out small," says Martha McKittrick, a New York-based dietitian and author of *The Type 2 Diabetic Cookbook & Action Plan*. "Find one or two recipes you really like – don't worry about doing something different every night." She suggests a stir-fry that allows you to swap the ingredients depending on what's in your fridge. The more you prepare the same meal, the more confident and efficient you'll get – and soon enough the cooking habit will come naturally to you.

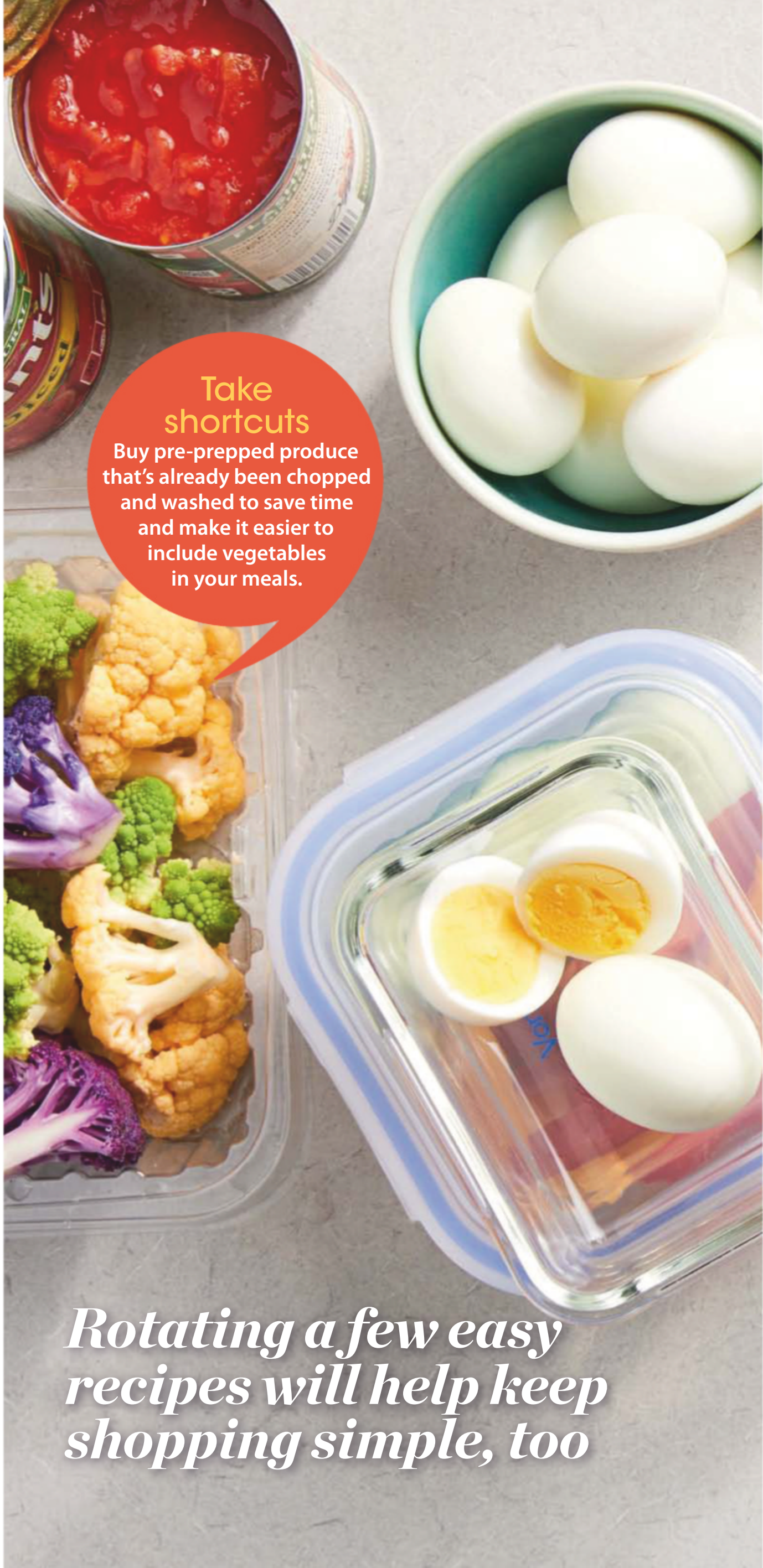
FROM SCRATCH-ISH

Cooking from scratch can get healthy meals on the table, but so can taking shortcuts. Supplement home-cooked foods with healthy store-bought staples to save on time, without compromising nutrition. Think pasta with a jarred sauce, or soup with canned beans and pre-chopped pumpkin. Ready-to-use veg might be worth the extra cost, says McKittrick, "if the thought of all that washing and chopping deters you from eating them". ▶

Take shortcuts

Buy pre-prepped produce that's already been chopped and washed to save time and make it easier to include vegetables in your meals.

Rotating a few easy recipes will help keep shopping simple, too





Chop, chop!

Invest in a quality knife – it can make meal prep faster, easier and more enjoyable (in other words, more likely to happen).

Seal it up

Keep reusable containers in a variety of shapes and sizes to store prepped ingredients, cooked meals and frozen leftovers.

A HEALTHY KITCHEN'S LITTLE HELPERS

Making your kitchen more meal-prep friendly doesn't require a big investment. These hardworking tools are worth having on hand:



OVEN TRAY

Roast an entire meal of veggies and meat at once with an inexpensive and super-versatile tray.



SLOW COOKER

Create hearty stews, tender roasts and overnight oatmeal with minimal hands-on time.



FOOD PROCESSOR

Make short work of chopping, slicing, shredding, pureeing and kneading.

CLEANSE, THEN STOCK

McKittrick recommends doing a pantry and fridge clean-out to “get the tempting, junky convenience foods out of the house”. Then, stock up on healthy, hardworking staples that make “from scratch-ish” meals easy, such as canned and dried beans (save money with store brands), wholegrains (buy in bulk to save), lean proteins such as chicken, fish and tofu, canned tomatoes, low-salt chicken stock, and plenty of fresh and frozen produce, to build meals around.

MAKE A LIST

A well-thought-out shopping list helps you avoid falling prey to impulse buys. Start with a master list of foods you cook with regularly and just check off what you want. Need help? You can generate your shopping list on the Coles or Woolworths website to print out and take along with you or, alternatively, download their interactive apps to build your list. There are many other apps you can download to your

phone to help you generate an on-the-go shopping list, such as AnyList, GroceryPal and Out Of Milk.

REIMAGINE YOUR MEALS

Think beyond a “three squares” pattern to define your meals – a bowl of hummus with cut-up vegetables and crispbread can make a great dinner in a pinch. Keep ingredients for a couple of emergency meals on hand for super-busy days – say, pasta tossed with sauce, canned tuna and frozen mixed vegetables, or canned beans and chopped celery (or salad greens) tossed with vinaigrette and spooned into a wholemeal pita.

Dietitian Sara Jank recommends thinking “halfway healthy” – filling at least half of every plate with non-starchy vegetables. “You’ve automatically reduced the portion size of what’s on the other side of your plate, without having to think about it,” Jank says. (A similar trick is to serve everything on a bed of pre-washed salad greens.)

PREP NOW, ASSEMBLE LATER

Get into the habit of regular prepping, using both big and small windows of time.

Set aside an hour or two for batch-cooking meals you can freeze and then eat later, such as a pot of soup or stew. Make-ahead the parts of meals that take the longest: beans or pasta sauce. Make a pot of brown rice or quinoa, or roast vegetables to serve as a side dish, fill an omelette or top a pizza.

During the week, grab smaller, 15-minute chunks of time to do quicker meal prep, such as chopping vegetables, making a vinaigrette or hard-boiling eggs. All that prep sets the stage for a week of meals that can be made almost on autopilot – more assembly than cooking.

Make sure you’re choosing foods you enjoy, says Jank. “Recipes can be super-flexible – you can use ingredients you have on hand and really like,” she says. Even more satisfying is knowing you’re building your cooking muscles, saving money and dishing up better health. ■

Boost YOUR CONFIDENCE

Do you doubt your ability to manage your diabetes or reach your goals?

▶▶ Try these small steps to grow your confidence and foster self-trust.

Speak up

“You have to be an advocate for yourself,” says Sara Lasker, a certified diabetes educator who’s lived with type 1 for 35 years. If speaking up is a challenge, it can help to start small. At your next appointment, try asking your healthcare team to help you create one specific goal, such as eating a healthy breakfast each morning or checking your BGLs every day before lunch.

Celebrate small wins

Daily life with diabetes is filled with little moments of success – and you deserve to celebrate! Give yourself

credit for small victories: checking your BGLs twice in one day or choosing to cook at home instead of eating out. Think of a reward system to track small wins, such as putting stickers on a fridge calendar. Plan to have a larger celebration each time you hit 20 small achievements.

Make empowered choices

“You always have a choice,” says Lasker. You don’t always have to pick the healthiest option, but you should make sure you’re making choices for the right reasons. “You can have a brownie, but don’t make that choice out of rebelling against

your disease,” she says. If you want dessert or feel like skipping a workout one day, make that part of your plan. Just remember to adjust your carbs and medication accordingly.



Celebrate and reward the little moments of success

Learn to let go

Nobody’s perfect, but the way you talk to yourself during those imperfect moments can make all the difference. “You can beat yourself up for an off blood [glucose] reading or you can

learn from it,” urges Lasker. When you catch yourself thinking negatively, stop, take a deep breath, reflect on what happened, and let it go. ■



Regular restful sleep lowers your risk of high blood pressure and heart disease, helps regulate your immune system, aids muscle recovery and keeps your mood and focus on point. Wake up on the right side of the bed with these tips for deep, health-promoting sleep... every night!

your BEST NIGHT'S sleep

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sleeping habits with
a health professional.**

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Rose, anatholia and bergamot give this spray a blissful scent. Aroma Wash Linen Spray Bliss, from \$11.99, adairs.com.au

A boost of energy

Counting down the hours until bedtime? Up your daytime energy by eating foods high in vitamin B and protein (eggs, beans, meat, tofu, spinach), whole grains, and foods with lots of vitamin C and a high water content (oranges, sweet capsicum, strawberries).

CAN YOU MAKE UP LOST SLEEP?

Experts say it's best to catch up by going to bed earlier – not by sleeping in. For two or three nights you've stayed up late, go to bed 30 minutes earlier than usual.

SLEEP STAT

19%
more likely to sleep well if you make your bed.



A SIMPLE CHILD'S POSE

could be the secret to a restful night's sleep. Focusing on breathing and your body helps relieve tension and worries.

SLEEP SABOTEURS



CAFFEINE

Because caffeine lasts 8-10 hours in your body, your latte cut-off is early afternoon. Also watch out for drinks with an added stimulant, such as guarana and ginseng.



ALCOHOL

It keeps you out of the deeper stages of sleep. Your last drink should be 3 hours before bed.



WAKE-UP TIME

Inconsistency here upsets your body's sleep pattern. Better to get up at the same time – even on weekends.

what to eat

- BANANAS
- FISH
- CHICKPEAS

High in vitamin B, which is necessary for making melatonin.

- WHOLE GRAINS

Rich in magnesium, which regulates melatonin and quiets the nervous system.

- YOGHURT
- LEAFY GREENS

High in calcium (calcium deficiency may make falling asleep more difficult). ■



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Summer

QUIZ SPECIAL

**Take advantage of some downtime
over summer to quiz yourself
about your health – and how to
make some improvements**



DO YOU HAVE DIABETES *burnout?*

Are you feeling the heat of managing your diabetes? Take this quiz to find out, and then learn ways to cope

1 How much time do you spend thinking about your diabetes?

- A.** A fair amount of time. I can still do what I want, but I feel like diabetes just won't leave me alone.
- B.** I feel like it has taken over my life. I'm so exhausted from everything I have to do.
- C.** I try to avoid thinking about my diabetes. I just can't handle it. I'm too busy juggling a job, family and other obligations.

2 Do you count carbohydrates in your meals and snacks?

- A.** I do my best to count carbs for everything I eat.
- B.** Usually. Sometimes I just guess, or I graze, which is hard to count.

- C.** I don't carb count. I just eat whatever I want.

3 How do you feel about checking your blood glucose or taking meds?

- A.** I do what I need to do.
- B.** I do these tasks, but I sometimes delay or hesitate. I often think I don't want to see the number – it's too much work or it's not convenient.
- C.** I don't do my diabetes tasks as often as I used to.

What is diabetes burnout?
Also called diabetes distress, burnout is the overwhelming frustration and fatigue that comes from managing a chronic condition. Because diabetes is unrelenting, most people experience burnout at some point – but it doesn't have to last.

4 When your blood glucose is out of range, how do you react?

- A.** I feel disappointed, but I do what I need to do.
- B.** I get angry with myself and/or my diabetes.

- C.** It used to upset me, but now I just don't care.

5 Do you have good support in managing diabetes?

- A.** My family and friends support me, and my healthcare team is respectful and encouraging.
- B.** I often feel like I'm doing this on my own, but nobody really interferes with my management.
- C.** Not really. In fact, my friends or family often say or do things that make managing my diabetes difficult (such as encouraging unhealthy eating and making mean or rude comments).

6 How do you feel about managing your diabetes?

- A.** I sometimes get tired of managing my diabetes, but I do my best.
- B.** I get frustrated and angry when I do my best and things still go wrong.
- C.** Hopeless. Nothing I do matters. It's too difficult, so why try?



✓ *Mostly A:*

Warmed up. You probably find diabetes emotionally taxing, but you're still on top of your day-to-day diabetes management. This is the perfect time to take charge of your emotional health and to identify what it is that's causing you stress.

How do you keep diabetes burnout from negatively impacting your life? Be mindful of how you're feeling and identify where those emotions come from. Most people don't try to be unhealthy, but feeling overwhelmed can push diabetes management to the backburner.

Ask yourself these questions: What are the factors leading me to make unhealthy choices? Where can I get support?

✓ *Mostly B:*

Feeling the heat. Burnout is coming on strong. Managing your diabetes is affecting your emotions and you might notice that your diabetes management is starting to slide.

But, obsessing about your diabetes may only add to the burden. Instead,

try to set realistic expectations for what you can accomplish on a day-to-day basis. Talk with your doctor or diabetes educator to set clear, reasonable and reachable goals, and to outline small steps you can take to work towards them. And remember, you are not alone. Ask for support when you need it.

✓ *Mostly C:*

Cooked to a crisp. Diabetes distress is likely to be affecting your emotional health and your ability to manage your diabetes.

To turn down the heat, treat yourself occasionally. No, you can't skip taking your medication, but you can dial back a rigid approach in order to refocus. Perhaps that means easing up on the carb counting for a special occasion or giving yourself a break from analysing what happened with your BGLs. Find ways to just breathe and move on.

Or, find a trusted person to help with your diabetes management. For a day, have them do all the meal planning, carb counting and medication dosing to your specifications, but without your involvement. ➤

Fight burnout: tips from real people with diabetes

"Own it! This is my life now. I accept it and move along with this as my new reality. I choose life and as much health as I can get."

– Cindy Lou, type 2

"Focus on your actions, not numbers. We can only control our actions."

– Jess Weber, type 1

"Don't dwell on what has already happened. Just keep pushing forward."

– Dena Holmes, type 1

"Technology helps take the stress out of managing my diabetes. I use [an] iPhone app to help manage my medication schedule, and the OneTouch Verio Flex Bluetooth meters to see blood [glucose] trends and track my carbs, insulin and exercise."

– Gary Gengler, type 2

"Celebrate the small wins and victories! Reduced [HbA1c] blood test results, a good blood [glucose] day, or a good carb-count day."

– Karen Reilly, type 1





WHAT'S YOUR DIET *style?*

When you evaluate what you eat and why, you can customise a diet strategy to make changes that last

▶ Almost one third of Australians aged 30-65 found their diet to be neither healthy or unhealthy in 2016. But there is still an attraction to dieting, and it's understandable: eat this (but not that) and you'll finally "fix" everything, right?

Science says otherwise. About 95 per cent of people who diet and lose weight will put those kilos back on in less than five years. That's because most diets base their claims on restrictions: give up X, then you'll achieve Y.

That's difficult to maintain, and tough on your body. Plus, as you restrict kilojoules, your metabolism slows down. So does weight loss. Then you feel deprived and frustrated.



1 What worries you about dieting?

- A.** I love eating out with friends. Can't give it up.
- B.** Not eating whatever I want.
- C.** It's so much work to think about food choices.
- D.** I munch according to moods. Who can plan for that?

2 Describe your willpower.

- A.** Depends on who I'm with!
- B.** Meh – easy come, easy go.
- C.** I am made of steel.
- D.** Ask me how my day is going, then I'll tell you.

3 When's your most energetic time?

- A.** Night owl all the way!
- B.** Don't talk to me until I've had two cups of coffee.
- C.** Definitely a morning person.
- D.** It's different every day.

4 Do you keep a schedule?

- A.** Mostly, but I can get sidetracked if I start chatting.
- B.** Friends know: dinner has to wait 10 minutes until I get there!
- C.** Yes. Five minutes early for every appointment.
- D.** When I feel good, I'm pretty organised and on it.

5 Describe your personality.

- A.** I rely on my social network for love and support.
- B.** Like a shark, I have to keep moving to survive.
- C.** I'm OK on my own.
- D.** It's hard for me to let people in.

✓ Mostly A:

Social dieter. You'll try anything new and you love to share food with friends, but that can lead to unhealthy choices and oversized portions. Eat well and review a restaurant's menu online before you go out. Focus on dishes that give a star turn to vegetables and grains, and use less sugar, salt and unhealthy fats.

✓ Mostly C:

Rule follower. Limits don't feel like a big deal, but you may grow tired of restrictions and impulse eat. Craft a weekly meal plan, scheduling splurges, too. Try a meal-planning app (such as Mealime) to keep track of what you eat and to hold yourself accountable when shopping, and to help avoid splurging on extras.

✓ Mostly B:

Distracted eater. You're busy. That leads to mindless eating, especially between meals. Slow down. Turn off the television. Set the table. Paying attention helps you make better decisions. You simply eat what's there, so focus on filling the shopping trolley with foods that fuel and nix all the junk.

✓ Mostly D:

Emotional dieter. Examine your triggers, then shore up your support system. Eat when you're lonely? Find a diet buddy to take pre-binge calls, no questions asked. Stress eater? A five-minute cool-off walk works wonders. Learning your triggers is easier with a journal, so start one. ➤

DIET TIPS THAT NEVER GO OUT OF STYLE

- **Use small plates.** It's a great portion-management tool, particularly if you finish and feel full.
- **Look at the clock.** Do you graze or overeat at certain times? Focus your efforts there first.
- **Make a plan.** Home at 5pm. Nothing in the fridge? Hungry family? That's a recipe for disaster! A weekly meal plan can keep you on track.
- **Experiment.** Diabetes doesn't mean quitting your favourite foods, but it may mean rethinking how you prepare them. That's what we're here for!
- **Talk to an expert.** A dietitian can help – a pro will save you time and frustration.



WHAT'S YOUR *exercise* PERSONALITY?

You're more likely to exercise regularly if you do activities you love. Our quick quiz will help you decide

1 *Where is your ideal lunch spot?*

- A.** With friends, it doesn't matter where.
- B.** In a calm, quiet, relaxing and private space.
- C.** Lunch? Who has time for lunch?
- D.** Someplace lively and energetic.

2 *How do you unwind?*

- A.** Relaxing with friends.
- B.** Meditating or reading.
- C.** I never have time for myself!
- D.** Checking out the latest restaurant or museum, or watching sports.

3 *Which could be your theme song?*

- A.** *With a Little Help from My Friends.*
- B.** *Imagine.*
- C.** *Under Pressure.*
- D.** *Don't Stop 'Til You Get Enough.*

4 *What's your favourite TV show?*

- A.** *Modern Family.*
- B.** *Planet Earth.*
- C.** Whatever is on for the five minutes before I fall asleep.
- D.** *The Amazing Race.*

5 *What's your dream vacation?*

- A.** Cruising.
- B.** Visiting a spa retreat.
- C.** Mini holiday close to home.
- D.** Exotic getaway.

6 *How do you handle bad news?*

- A.** By relying on friends and family.
- B.** Going to church or seeking help through counselling.
- C.** Distracting myself with work.
- D.** I see it as a challenge to overcome.





The reason I exercise is for the quality of life I enjoy

– Kenneth H. Cooper

✓ *Mostly A:*

You're a dolphin, social and lively. You work out best in a group setting. That could mean taking a Zumba class, signing up for a personal training session or simply connecting with a workout buddy who will help plan regular walks or biking sessions. You also may be more inclined to try a little harder in a class rather than following a DVD/app in your living room.

If you're going for a group class, try observing first to find one that feels comfortable – not out of your league.

✓ *Mostly B:*

You are a cat, calm and centred. Nothing rattles you. While meditating or reading a good book can chill you out, it won't work your body. For that, try yoga – it's ideal for any fitness level and helps build endurance and power. Many yoga studios will let you do a trial class. Look for an instructor who adapts moves and can bring you up to speed slowly if you're out of a workout routine, especially if you have joint pain.

✓ *Mostly C:*

You're a squirrel, scurrying about. Many people are overscheduled and overstressed, but you seem busier than others. You need a workout that can be done in short bursts. Every hour, take a couple of minutes to do these basic exercises at your desk:

1. Squats: Stand in front of your office chair, sit almost all the way down, keeping your weight on your heels, and stand back up. Repeat steadily for 1-2 minutes.
2. Calf raises: Stand with your feet shoulder width apart, and push up onto the balls of your feet, then back down.

✓ *Mostly D:*

You're a dog, happy and adventurous. You're very energetic and game for fun. Give something like TRX suspension training a try (at home or your gym) for a great workout that's a change from traditional classes and cardio.

TRX puts your body weight to work as you use two straps with handles that hang from the ceiling or a bar. It can be as hard as you want it to be, so don't stress while starting out. You'll build strength through basic core moves and gain momentum, all while having a good time switching up your routine. ■

Be **Stock your own diabetes first-aid kit with this expert-approved checklist** prepared

✓ YOUR KIT CHECKLIST

MONITORING SUPPLIES

- ☐ Extra test strips and lancets
- ☐ Spare batteries for your meter, plus spare sensors and transmitters for CGM
- ☐ Sharps container (in a pinch, use an empty water bottle)
- ☐ Hand sanitiser
- ☐ Wet wipes
- ☐ Pencil and paper to record blood glucose results

If you're taking insulin or hypoglycaemic medication:

- ☐ Glucagon kit
- ☐ Extra insulin pen needles
- ☐ Blood or urine ketone test strips
- ☐ Back-up supplies for insulin pump (batteries, infusion sets)

IMPORTANT INFO

- ☐ List of current prescriptions and dose schedule
- ☐ Emergency phone number list (include family members, neighbours, co-workers, healthcare providers, pharmacies and your insurance plan)
- ☐ A medical history summary that lists your diabetes type, allergies and other health conditions
- ☐ Sick day management plan

FOOD AND WATER

- ☐ 3 litres of water per person (a two-day supply)
- ☐ Non-perishable snacks to treat and prevent lows (a two-day supply)
 - Packaged dry crackers
 - Muesli bars
 - Trail mix
- ☐ Quick-grab carbs (each of these is 15g carb):
 - One fruit juice popper
 - 6-7 jellybeans
 - 2 Tbsp raisins or dried fruit
 - 1 Tbsp sugar (3 sugar packets) or honey
 - Glucose tablets

OUTSIDE THE BOX

Consider supplies that you use daily or that require refrigeration as part of your kit, but store them elsewhere:

- ☐ Your everyday diabetes kit
- ☐ Current medicines and insulin
- ☐ Freezer packs (if you take insulin or refrigerated medicines, for the esky)

▶▶ Every household should have a basic first-aid kit. But when you have diabetes, the supplies you need go beyond band-aids and aspirin. Use this checklist to expand your home's first-aid kit so you are ready for anything.

Place these items in a lightweight, waterproof storage container with a snap-on lid. Keep the container with your other first-aid supplies in a dry, easy-to-access spot.

Travelling? Bring it with you in the car or pack the supplies in a small pouch in your hand luggage.



*Prepare
this kit
now to
avoid
any last-
minute
troubles*

ADDITIONAL INFORMATION KATE MARSH PHOTOGRAPHY GETTY IMAGES

emergency care

Kit care

* HOW DO I KEEP TRACK OF EXPIRATION DATES?

Check the expiration date on supplies at least once per year, recommends dietitian Evan Sisson. Make a 'cheat sheet' that lists all the expiration dates and pick a check-in date that's easy to remember (such as New Year's Day). Stock medications and test strips in order from oldest to newest, suggests dietitian Toby Smithson.

* IS THIS ENOUGH?

This kit is designed to supplement a traditional first-aid kit, and can help keep you prepared for small emergencies. You may want to build out a more robust emergency kit for larger events, especially if you live in an area that's prone to natural disasters. This kit might include extra food and water, spare clothing, personal hygiene items and back-up battery power for mobile phones. We like the Diabetes Australia Emergency Plan of the National Diabetes Services Scheme (NDSS). Visit ndss.com.au/diabetes-and-emergencies

* WHAT ELSE CAN I DO?

The best thing you can do is to stay on top of your routine diabetes care. Keep prescriptions up-to-date and be prompt about refilling them. Keep your day-to-day diabetes kit well stocked with monitoring supplies. And keep your medications well organised. ■

7 healthy STRATEGIES

Advice from experts that makes it easier to care for your diabetes

►► Focusing on small actions can make managing diabetes seem less overwhelming. So we asked experts the hows and whys of seven important changes you can make to your everyday routine.

“It’s not going to be easy to make all these changes and it’s harder to make all the changes at once,” says David K. Miller, a certified diabetes educator. “So pick a couple that you really want to work on first.”

I *Plan ahead*

WHY When you plan ahead, you’re more prepared. And this can make it more likely that you will stick with your healthy behaviours, says Cara Schrager, a dietitian and certified diabetes educator at Joslin Diabetes Centre in Boston.

HOW At the start of each week, carve out time to look at your calendar. Consider when you’ll eat at home and when you’ll eat out, and aim for regular mealtimes. Look at which days you’ll have more time for longer exercise sessions and which days you’ll need to fit in shorter bursts of activity.

Select a few recipes, make a list of ingredients and shop for the whole week at once. “I think making a list and sticking to it helps you save money and focus on what you really need,” says Schrager.

Schedule exercise in 10- or 15-minute chunks on busier days, and aim for longer sessions when you have more time. And plan around your energy levels. If you’re typically too tired in the afternoons, plan to exercise in the morning or walk at lunch.

No time to get to the gym? Plan for at-home activities a few days a week.





Finding activities you enjoy can help you get more movement into your daily routine

Get moving

WHY You've heard it before. Exercising more often, even for just 30 minutes a day, can improve your health, says Elizabeth A. Walker, professor of medicine and of epidemiology and population health at Albert Einstein College of Medicine in New York. Those benefits include improving blood glucose, lowering your risk of heart attack and stroke, helping you shed the kilos, and helping to improve your mood.

HOW Finding activities that you enjoy is the key, says Schrager. Like to socialise? Try starting, or

joining, a walking group that texts or calls to remind each other to get moving, says Walker. This can be great if you live or work in an area where you might not feel safe walking alone. If you hate the gym or can't afford it, try an online exercise class. The key is to find an activity you enjoy – and even look forward to.

Another key to staying active? Motivation. Schrager suggests using a pedometer, such as the one built into your phone, which can track your steps to keep you motivated.

3

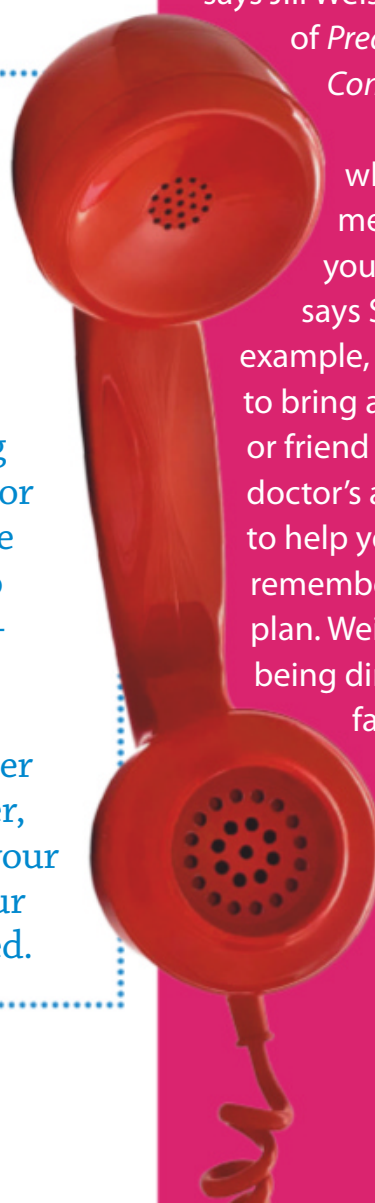
Ask for support

WHY Having support from others living with diabetes can be particularly helpful in managing a long-term chronic condition. "Knowing that someone else is going through the same thing mentally helps you get through what you're doing," says Schrager.

HOW Find others with diabetes through local classes or online groups. You might find a buddy in a diabetes education class with whom you can compare notes, stay in touch and offer support, even after the class is finished, says Miller. Online, Twitter has become a resource for diabetes support, with hashtags such as #DSMA (diabetes social media advocacy) and #DOC (diabetes online community), says Jill Weisenberger, author of *Prediabetes: A*

Complete Guide.

Thinking about which friends or family members can support you can be helpful, too, says Schrager. For example, you might want to bring a family member or friend with you to your doctor's appointments, to help you take notes or remember changes to your plan. Weisenberger suggests being direct when asking family members for support: "Will you clear the dinner dishes so I can spend a few minutes on the treadmill?" ➤





4 *Cook a big batch*

WHY Making batches of food can save time and money and can make it easier to eat more meals at home. It can also help you choose lower-kilojoule meal options, and help you be more in control of what the ingredients are and how the food is prepared, says Schrager. Having a pre-prepped meal can be a lifesaver in busy weeks when you're swamped with work or entertaining family.

HOW Make large batches of one-pot recipes, such as soups and stews, says Schrager. You can reheat individual servings for lunches and dinners. Or cook a pot of whole grains you can use as the foundation for meals, or prep snacks such as hard-boiled eggs or sliced vegetables. (For more ideas, see *Secrets of a Busy Cook*, page 99)

5 *Be an active participant in your health care*

WHY Sharing your concerns and asking questions about your diabetes-management plan can help you and your provider find solutions together. For example, if you are having

trouble remembering to take your medicine, or are struggling to afford a prescription, telling your provider can let them know you need a change in your plan. Your provider may be able to change the time of day you take your medicine or help you find a more affordable option.

HOW Take notes between visits so you remember what you want to talk about with your provider. Journaling can help you pinpoint areas that are and aren't working. For example, write down the times

when you forget to take your medication, notice side effects or struggle with your food plan.

Then, share your notes with your provider. "Don't be afraid to ask: Is there something I should be doing that I'm not? Is there something I should know that I don't?" says Miller. Be honest about your health beliefs, including whether you intend to follow a provider's advice, says Walker. Talking to your provider may spark practical, realistic conversations that could have a big impact.

6 Get to bed on time

WHY When you have diabetes, both the quality and quantity of your sleep matter, says Vsevolod Y. Polotsky, professor of medicine at Johns Hopkins Medicine in Baltimore. Not getting enough quality sleep can affect blood glucose.

It can also lead to food cravings, which can increase when you don't get enough sleep. And many diabetes complications can affect sleep, including sleep apnoea, neuropathy and nocturnal hypoglycaemia.

HOW There are many small changes you can make to help you practise good sleep habits. Get up at the same time each day to help train your body to a regular sleep schedule, says Polotsky. Avoid daytime naps and caffeine-containing drinks after lunch if you have trouble sleeping at night. Try not to use electronic devices such as mobile phones or watch television in bed before falling asleep, says Polotsky. Aim for at least 7-9 hours of sleep per night, which is the amount recommended by the Sleep Health Foundation.

Talk with your doctor if you notice these signs of sleep apnoea: snoring, frequent awakenings and feeling tired during the day despite seeming to get enough sleep. Your provider may refer you to a sleep specialist for treatment. If neuropathy is keeping you awake at night, talk to your doctor as well: treating the nerve pain could help improve your sleep. Signs of nocturnal hypoglycaemia include nightmares, restless sleep and waking up with a headache or drenched from sweat. Talk with your doctor if you notice these, as you may need a change of medication or insulin dosing.

7 Value yourself

WHY Caring for diabetes is hard work. Acknowledging you are at the centre of your care – and you are the one doing this work – is important. Listening to yourself can help you be realistic about what you have the energy to do and can help you prioritise based on what is most important to you. Valuing yourself can help take the time and energy you need to take care of you, says Martha Funnell, an emeritus research scientist in the learning health sciences department at Michigan Medicine.

HOW Think about what is important and inspiring to you. Consider *your* goals, not necessarily the goals from doctors or your health-care team. Weisenberger suggests creating a “personal wellness vision” to help you set goals, which is a short statement about how you will feel and act when you are at your healthiest. This vision of what you are working towards can help you stay motivated. Funnell recommends asking these questions: What am I good at, in terms of caring for my diabetes? What am I struggling with? What is important for me? Reflect on strategies that have worked in the past, and incorporate those in your daily life.

You can do this on your own or work with others, such as a diabetes support group, your family or friends, or a certified diabetes educator. ■



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‘Cooking our way to better health’

TYPE 2

When Stephanie's husband didn't worry about his diagnosis, she didn't either. Then they learned better

▶▶ When my husband Silas was diagnosed with type 2 diabetes, it was a complete shock to both of us. He'd always been pretty healthy, worked as a horticulturalist so was strong and fit and, although he carried a few extra kilos, who doesn't?

He went to the doctor when he was about 45 for something unrelated but, as it had been a while since his last medical appointment, the GP jumped at the chance to run some general tests. The urine analysis showed high glucose and he was told

without alarm to 'watch that' and 'maybe lose a few kilos'.

A year later, the follow-up test results were just as worrying.

Fasting blood tests led to the inevitable conclusion he had joined the ranks of the 100,000 or so people who develop type 2 yearly.

When I think back on it, there'd been a period of a couple of years before his diagnosis when he'd been eating a lot of refined carbs and sugars – white bread and honey, Crunchy Nut Cornflakes, that kind of thing – and didn't seem to have an off switch. He rarely felt completely satisfied by a meal and could eat as many as eight pieces of toast for breakfast and still happily consider another.

But, despite this time being read the riot act by his GP and leaving the surgery with a fistful of prescriptions, the news hadn't really hit home. He took the first course of his diabetes medication, perhaps a few cholesterol and blood pressure pills but, because he had no symptoms, it was hard to accept he had a problem. It felt as though this could have been a clinical error and no further scripts were filled. Neither of us knew much about the disease and if he wasn't going to worry about it, neither was I.

It took turning 50 and a dawning sense of mortality for him to take the diagnosis seriously. Control and medication were taken and the situation improved for a while.

After a couple of years, and long before it was trendy, he gave up sugar, honey and maple syrup. Just stopped them dead, believing abstinence is easier than moderation. That move didn't much change his HbA1c, but it did

herald an acute sense of appetite and satiety.

Finally, he had an off switch, and with that came a gradual loss of about 5kg.

He also joined the gym, having been told of the

benefits of weight-lifting

and resistance training, but loathed it as much as all other exercise. A stroll with the dog and the incidental movements and lifting of his job are as much as he's prepared to do.

So, despite stopping sugar, his HbA1c continued to creep up, until three years ago, when he cut all the major high-GI carbs – bread, potatoes, pasta, noodles and rice. It meant we had to find new ways of cooking, but it was worth it because the move triggered a dramatic drop in his blood glucose and triglycerides.

Luckily I adore pulses and, with their low GI, Silas was prepared to keep eating them (refusal may have led to divorce). So, instead of making fish cakes bound with mashed potato, we'd use mashed white beans, and they tasted even better. Slow-cooked stews

I would serve with pureed chickpeas instead of rice or mash, which was another improvement. And cauliflower rice became a fairly regular inclusion to our meals as well.

We were both really annoyed remembering the Healthy Food Pyramid which, from the 1980s to 2007, had carbs dominating the 'eat most' category. All through the 1990s our regular midweek meals were pasta, noodles or rice based and it was the decade we were probably at our fattest. Little wonder there's a diabetes epidemic.

Nowadays, Silas eats hardly any fruit, and he'd never eat as much as a whole apple or pear. He favours low-GI fruits such as cherries and berries and steers clear of high-GI tropical fruits and grapes. He feels good starting the day with homemade muesli and yoghurt, oats being an acceptable carb and, as a rare

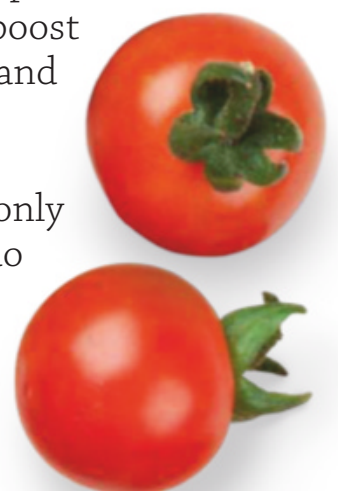
treat, he'll eat savoury pastry in say an onion tart or yum cha dumplings.

Alas, his most recent tests have shown the HbA1c is on the up again, which his GP says may be an aberration and is rechecking. Until the next test comes back, the advice is to stick with his diet principles but limit portions, lose weight, boost exercise and

book in to see an endocrinologist. Looks like there's only so much you can do with nutrition alone, and it's probably time for a meds review. ■



Despite being read the riot act by his GP, the news hadn't really hit home





TYPE 1

DYNAMIC DUO *conquering* DIABETES

Dr Brian Harrisberg was determined to help his son Drew conquer his type 1 diabetes. Today, the father-son duo helps thousands of people to improve their experience and quality of life



▶ Seven years ago, at the age of 22, Drew Harrisberg became constantly hungry and thirsty, and found himself waking up multiple times throughout the night to go to the toilet. “I was exhausted to the point of falling asleep driving, napping every afternoon, and I even fell asleep in a job interview,” he explains. As someone who had always been a health-conscious and sports-loving guy, Drew began to realise something wasn’t quite right. A blood test revealed abnormally high glycaemic and autoimmune biomarkers, which led Drew to a diabetes educator

who pricked his finger. The results for his blood glucose levels came back with 16 mmol/L (normal is 4-6mmol/L) and, upon further testing, a diagnosis of type 1 diabetes was confirmed. “That was the most difficult day of my life,” he recalls.

Starting from scratch

Drew – now an exercise physiologist, diabetes educator and Fitbit ambassador – knew very little about diabetes prior to his diagnosis. “I’d only studied the basics at university,” he explains. “It wasn’t until I was diagnosed that I realised how complicated, serious and life-changing it would be.”

His father, Dr Brian Harrisberg, sat next to him on the day he was



my story: type 1

diagnosed and remembers it as the worst moment of his life. “I honestly would have preferred it to be me,” admits Brian, an ophthalmologist who, coincidentally, specialises in diabetic retinopathy and other diabetic eye-related issues.

“It was a sickening irony when Drew was diagnosed with the disease after all the years I’d spent trying to save people’s vision loss due to poorly controlled diabetes,” says Brian. “It wasn’t until I witnessed Drew turn his life around that I began to feel like myself again.”

The magic of exercise

On the day of his diagnosis, the clinic told Drew to continue his normal routine, but to keep in mind that he would now need to frequently log and monitor his BGLs – especially before and after meals and exercise – to help identify any lifestyle-related trends that affected his levels prior to calculating his insulin requirements. “I remember eating a banana before going to the gym that day and my BGLs shot up to 22mmol/L,” he says. “I was devastated. I went to the gym and did my usual full body workout, ➤



ABOVE: Like father like son for Brian and Drew’s work outs. LEFT: Drew is a Fitbit ambassador.

my story: type 1



which consisted of lifting weights and cardio, for about an hour.

"After my workout, I checked my BGLs again, and my reading was 6mmol/L. I was shocked! I couldn't believe what I was seeing. That was the first time I discovered how effective exercise really is.

"I always say exercise is a form of medicine that we can freely and happily administer our ourselves," continues Drew.

"Whether it's a walk after meals, a session in the gym, or a run in the park with my dog, I never stop moving."

The father and son keep each other active and motivated through exercising together, as well as playing golf and heading out on adventures, which fuels Brian's love of nature photography. They both track their activities on Fitbit – Drew aims to walk about 3000 steps after each meal to reach a minimum 15,000 steps each day.

Exercise aside, Drew also eats whole foods and spends time soaking up the sun, as well as swimming in the ocean each day.

"Since being diagnosed I've been able to achieve a 70 per cent reduction in insulin requirements and very stable blood glucose levels, simply by leading a healthy lifestyle," he says.

Drew's Daily Dose

"I like to think of Drew's Daily Dose as much more than a website about diabetes," says Drew of his online business. "It's a home that inspires, empowers and enables people to thrive with diabetes, rather than simply live with it. My experience as a health professional and my own personal triumph with managing diabetes has ignited a passion to share everything I know. Drew's Daily Dose is my way of empowering people to take control of their health so that, like me, they can live a fuller, happier and healthier life than ever before." Visit drewsdailydose.com or follow Drew on Instagram @drews.daily.dose for more.

Acceptance and success

"By understanding and accepting your diabetes, you're setting yourself up for a healthy and triumphant relationship," says Drew. "I've not only accepted living with the disease, I've learned to love it and manage it so that it doesn't manage me.

"Your relationship with diabetes should be no different to your relationship with someone you love. It's the way in which we perceive our diabetes that will ultimately lead to a healthy or unhealthy relationship.

"Embrace it, get to know it and learn to control it."

The big change

While Drew's diagnosis changed his life, it also drastically altered Brian's perspective of diabetes from a conventional 'specialist

approach' to a more holistic approach. "Sure, I'm an eye specialist, but I like to treat the person attached to the eyes," he says. "Because, at the end of the day, there's not a system in the body that exists in isolation."

This meant Brian needed to find a way to further encourage good nutrition, exercise and other forms of positive daily habits among his patients, beyond simply caring for their vision; and that is where their father-son bond grew. "Nobody knows their disease like the person actually living with it," says Brian.

Today, Drew works alongside his father at a clinic at the Royal Prince Albert Hospital Medical Centre in Sydney, creating a multi-disciplinary team combating the three main long-term complications of poorly managed diabetes: retinopathy, nephropathy (when kidneys begin to incur damage, which can ultimately lead to kidney failure) and neuropathy (damage to the nerves). Brian performs eye-related diagnostic and treatment procedures for people with diabetes, then refers patients who will benefit from lifestyle modifications to Drew.

Applying suitable modifications to improve their glycaemic control and avoid further long-term complications, the duo helps people thrive with their diabetes, and live happier, healthier lives. "Diabetes was the catalyst that allowed me to figure out what my calling was," says Drew. "I'm an exercise physiologist, diabetes educator, sports scientist and, most importantly, a happy and healthy guy thriving with type 1 diabetes who wants to inspire and empower others to succeed." ■



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HOME COMFORTS

It's easy to exercise when you're doing it in your living room

GET ACTIVE
Do you like being active at home, but always put off exercise when something else comes up? Stick to your goals and stay motivated with these classes you can join in your own time!

YOGAIA

WHAT TO EXPECT

Live yoga classes with friendly and motivating teachers.

Classes range from 5-minute strength sessions to hour-long energising sets. You can even receive feedback from your teacher by turning on your webcam (don't worry – only the instructor can see you). Book classes ahead of time to receive reminders. Yogaia also offers recorded classes.

THE COST

14-day trial available; memberships from \$12.49/month. yogaia.com

DAILY BURN

WHAT TO EXPECT

A new, live 30-minute workout each day. Classes are a mix of cardio and strength, are designed for all fitness levels, and require no equipment. Daily Burn also has recorded workouts in many styles, such as dance, balance, boxing and pilates. It offers workout programs, too. The one called True Beginners builds your fitness base.

THE COST

Free for 30 days; then \$20/month. dailyburn.com

GROKKER

WHAT TO EXPECT

A one-stop shop for all things wellness. Grokker offers a large yoga and fitness library that's easily accessible through searching categories, levels and even the amount of time you have for a workout! If you're a bit of a planner, this is the perfect place for you to build a calendar of workouts in one place. It also offers cooking videos for a healthy meal after your workout!

THE COST

From \$20/month. grokker.com ■

exercise

WALK *wisely*

If you'd like to walk but would rather not hit the streets, this treadmill workout is perfect



▶ Walking is a great way to get energised, manage weight, improve BGLs and reduce the risk of heart disease and diabetes complications. Keep up your summer momentum with this 12-minute circuit that will break up your – dare we say it – boring walking routine and help you stay active no matter what the weather. ▶

The goal

Fit this circuit into your routine up to three times per week, with at least one day between sessions.

STEP 1

THE WARM-UP

Be sure to wear supportive shoes and comfortable clothing. If available, attach the treadmill's stop-key tether to your shirt.

Walk on the treadmill for 5-10 minutes at no incline. Choose an easy walking speed that doesn't tire you out. Slowly increase the speed until you're breathing harder but can still talk. Slow back down for a minute to catch your breath before starting the circuit.

STEP 2

THE CIRCUIT

2 minutes steady pace
1 minute speed work
2 minutes steady pace
1 minute hill climb
Repeat
Total: 12 minutes

STEADY PACE

This part of the circuit will help you catch your breath between the two more intense intervals. Choose a speed similar to your warm-up. You should be able to walk comfortably for an extended period – 2 or more minutes – without getting out of breath.

Benefits: Helps lower BGLs and boost fitness by increasing the amount of oxygen that's delivered to working muscles.

SPEED WORK

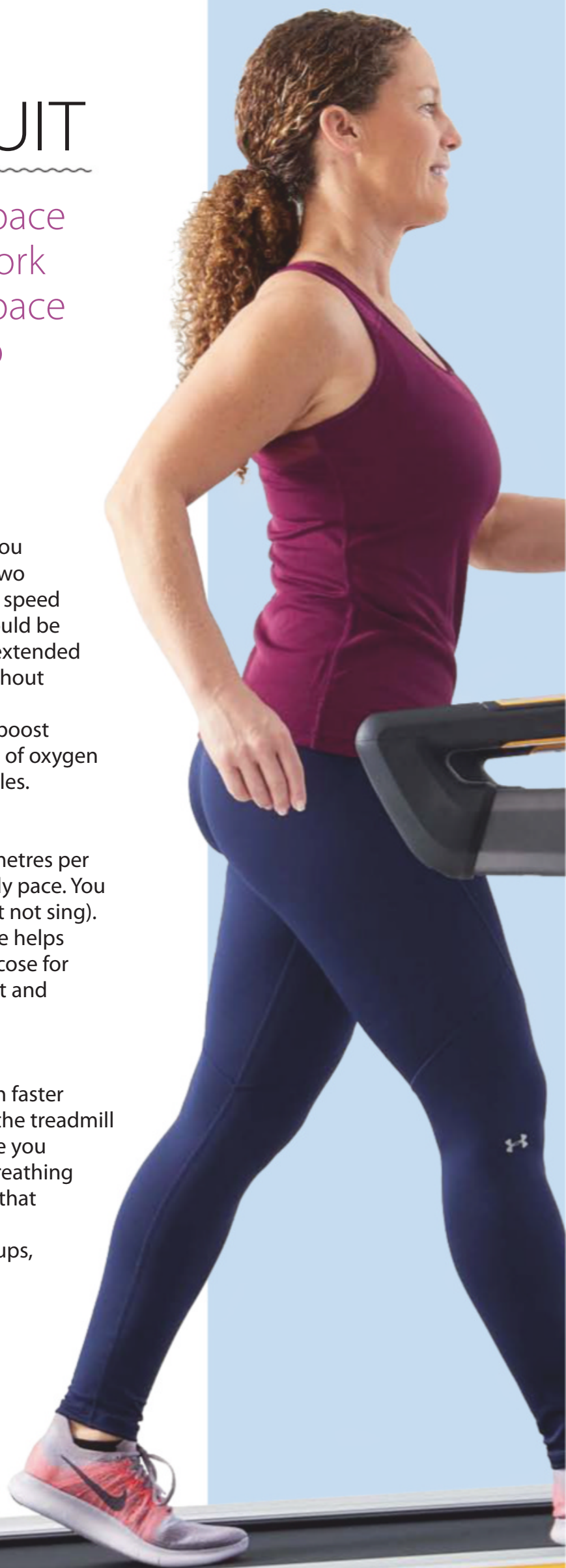
Choose a speed that's 1.5-3 kilometres per hour (kph) faster than your steady pace. You should be able to talk briefly (but not sing).

Benefits: Walking at a faster pace helps your muscles use even more glucose for energy and promotes good heart and metabolic health.

HILL CLIMB

Choose a speed that's 0.8-1.5 kph faster than your Steady Pace. Increase the treadmill incline by 1-2 per cent, to a grade you can walk on for 1 minute. Your breathing rate should be elevated enough that you have difficulty speaking.

Benefits: Uses more muscle groups, builds strength and improves endurance for walking up stairs and hills.



No treadmill, no problem!

This circuit can adapt to fit any outdoor or indoor walking session. It can even be used while marching in place, using an elliptical or rowing machine, or riding a stationary or outdoor bike. Follow the same three steps and use the “talk test” to determine your effort. No hills? Substitute another speed interval in lieu of a climb. If you’re marching in place, consider using stairs or a sturdy step stool to simulate that full-body movement.

Pump it up

For a more intense workout, double your time in each stage or do another round. As this workout gets easier, see if you can ramp up your speed or the treadmill grade.

WORDS ROBERT POWELL PHOTOGRAPHY MARTY BALDWIN ILLUSTRATION TODD DETWEILER

STEP 3

THE COOLDOWN

Bring the treadmill back to no incline and walk for 5 minutes. Slowly reduce the speed until you come to a stop. Follow your cool down with the **Stretch the effort** routine (below).

Stretch the effort

These stretches can improve your flexibility and stride to help you get the most out of your walking routine. You might feel a slight pull when you’re in each stretch, but you shouldn’t feel pain. Breathe through each stretch and reflect on your great workout! Hold for 20 seconds per stretch. Repeat 3 times per side.



LOWER LEG & CALF STRETCH

Stand on the floor with your hands pressed into a wall or chair. Step your right leg behind you so it creates a diagonal line with your body. Bend your left leg to lower into the stretch. Try to keep your right heel on the floor. You should feel the stretch in your right calf muscle.

HAMSTRING STRETCH

Stand with your feet together and your legs mostly straight, with a slight bend to your knees. Slide your hands down the front of your thighs until you feel a slight stretch in the back of your legs. You may also feel a stretch in your hips and lower back.



QUAD STRETCH

Stand tall and place your left hand on a wall or chair. Bend your right knee and kick your right foot behind you. Grasp the foot with your right hand. Gently pull your foot towards your backside until you feel a stretch in the front of your right hip and thigh. Keep your torso upright and your knees together. ■

Feel better in 5

Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 ZUCCHINI POWER

The perfect summer veg to enjoy raw, grilled, sliced or diced is the zucchini. Why? Because it has numerous benefits to your health, whether you have diabetes or not.

Zucchini contains 35 per cent of your daily recommended intake of Vitamin C, and is rich in B-vitamins, which can boost your body's energy production, reducing fatigue.

High in water, it also has the ability to improve digestion, reducing constipation and other digestive issues.

Further, zucchini is low in fat and sodium but, as a result, is high in potassium and fibre, which helps to maintain healthy blood circulation. And, due to the higher intake of fibre, you'll feel fuller longer, reducing your BGLs and increasing insulin sensitivity. Lastly, this power food also has other health-protecting antioxidants and phytonutrients that can maintain and improve eye health. What a veg!

2 EMBRACE THE OCEAN

Summer is here and we can guarantee there may be a trip or two to the beach. Other than ensuring you slip, slop, slap, heading into the ocean water for a swim is one of the greatest ways to calm your mind and relax your body. Being full of minerals including sodium, magnesium, chloride, calcium and sulphate, the ocean is great for helping with closed wounds and cuts, as well as reducing the symptoms of hayfever and sinusitis (the salty water reduces

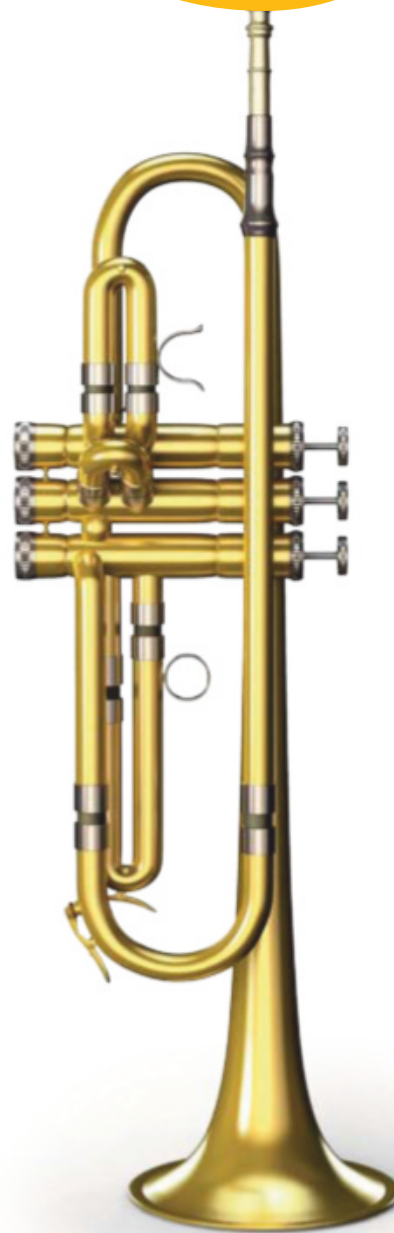


inflammation of the sinus lining).

But that's not all! The sea also heals your mind. The weightlessness of floating in water can have a calming effect, and has been shown to decrease symptoms of depression and anxiety. Once you've enjoyed your swim, be sure to take a moment on the beach to listen to the rhythm of the waves crashing in.

While you're there, make sure that you take time to watch sunrise or sunset over the water – you can thank us later.

3 ORCHESTRA OF THE BRAIN



It's never too late to learn something new, and that includes a musical instrument.

Learning an instrument enhances your memory, increases your fine motor skills (and hand-eye coordination) and teaches you both spatial reasoning and language skills.

While listening to music stimulates your brain, learning instruments engages most of your senses (vision, hearing and touch), engaging more areas of your brain and strengthening the corpus callosum (the nerve fibres that connect the two hemispheres of your brain).

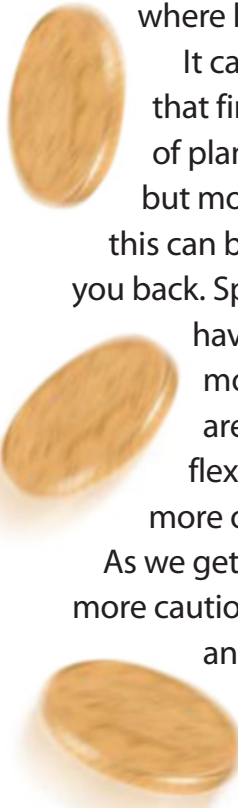
Whether you learn or relearn an instrument at home or with a music teacher, or join a group, music can reduce stress, enhance emotional wellbeing and bring a sense of achievement in mastering one of your favourite songs. ➤



good advice

4 BECOME MORE SPONTANEOUS

They say life is too short to spend your time pleasing others, so today is your reminder to stop, and start living a life that is true to you. If you're delaying a dream, or turning down opportunities... why? Don't be scared of what other people think. Sometimes you need to say yes to the unknown and see where life takes you.



It can be scary to take that first leap of letting go of plans and perfection, but more times than not this can be what is holding you back. Spontaneous people have been known to feel more freedom as they are more adaptable and flexible with plans, and more open to opportunities.

As we get older, we become more cautious about decisions and consequences, causing us to play it safe. Take a moment to find your inner (fearless) child, and ask them what they want to do before making a decision. If all else fails, flip a coin and follow fate's decision.



5 LIVE YOUR BEST FRILUFTSLIV

Nordic concepts are taking over once again, but this time it's *friluftsliv* (pronounced free-loofts-liv). This concept translates as 'open-air living', and is perfectly connected with the Swedish saying "there's no such thing as bad weather, only bad clothes". No matter the weather, heading outdoors – whether to see water or greenery – strengthens your mental and physical abilities. Whether it's going for a walk around the block on your lunch

break, eating your lunch at the local park, commuting by bicycle or going for a swim at the beach, it's enough for you to take a break and connect with your roots.

Studies have found those who head outdoors are more likely to connect with their work, feel more refreshed and are more creatively inspired. So, if you have the time to sit down and watch Netflix, then you have the time to head outside to connect with the great outdoors and embrace *friluftsliv*. ■

WORDS ELLIE GRIFFITHS
PHOTOGRAPHY GETTY IMAGES



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KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb ● Slow cooker

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.



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■ Do you have diabetes?

NO ☐ YES, TYPE 1 ☐ YES, TYPE 2 ☐

■ Does someone you know have diabetes?

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cheers

Rhubarb cocktail

Turn happy hour into healthy hour with a cocktail that curbs carbs, just in time for summer parties

RHUBARB COCKTAIL

In a cocktail shaker combine five 3mm-thick slices fresh **ginger** and two 6mm-thick slices **rhubarb**. Crush against side with a muddler or back of spoon. Add 30ml **vodka**, 2 Tbsp **Rhubarb Syrup** (recipe, below), and 1 tsp fresh **lime juice**. Add ice cubes, cover and shake until very cold. Strain through a small fine-mesh sieve into a tall ice-filled glass. Add 60ml (¼ cup) chilled **soda water**. Garnish with a **lime** slice and/or rhubarb swizzle stick. Makes 1 drink.

RHUBARB SYRUP

In a small saucepan combine 310ml (1¼ cups) **water**, 115g (1 cup) 6mm-thick slices **rhubarb** and 60g (¼ cup) **sugar**. Bring to boil then reduce heat. Simmer for 6 minutes or until rhubarb breaks down when stirred. Strain through a fine-mesh sieve and discard solids. Makes 310ml (1¼ cups). ■

The problem

You want to enjoy an alcoholic beverage, but most serve up heaps of sugar and kilojoules.

The remake

Swap out traditional cocktail syrups for our Rhubarb Syrup, which uses five times less sugar. Then use soda water instead of tonic water to cut even more kilojoules.

Remix

To vary the flavour, substitute white rum, tequila or gin for the vodka.

RHUBARB COCKTAIL GF

NUTRITION INFO

PER SERVE 478kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 12g, fibre 1g, sodium 21mg
• Carb exchanges 1 • GI estimate medium • Gluten free

RHUBARB SYRUP GF LC

NUTRITION INFO (1 Tbsp/serve)

PER SERVE 57kJ, protein 0g, total fat 0g (sat. fat 0g), carbs 3g, fibre 0g, sodium 1mg • Carb exchanges 0 • GI estimate n/a
• Gluten free • Lower carb





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